



# Honey-Soy Glazed Chicken & Sesame Fries

with Japanese-Style Pear Salad

Grab your Meal Kit  
with this symbol



Potato



Mixed Sesame Seeds



Garlic



Chicken Thigh



Pear



Spring Onion



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

This magical meal is made in a flash but tastes like hours of effort went into it. The classic combination of honey and soy speaks for itself, while sesame fries and Japanese dressing on a crisp salad add an extra twist.

## Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar (or White Wine Vinegar)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
rice wine vinegar* (or white wine vinegar)	½ tbs	1 tbs
chicken thigh	1 packet	1 packet
pear	1	2
spring onion	1 stem	2 stems
mixed salad leaves	1 bag (60g)	1 bag (120g)
Japanese dressing	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	484kJ (116Cal)
Protein (g)	44.3g	8.2g
Fat, total (g)	26.6g	5g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	49.5g	9.2g
- sugars (g)	21.4g	4g
Sodium (mg)	1282mg	239mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1

### Bake the sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place the **fries** and **mixed sesame seeds** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



2

### Flavour the chicken

While the fries are baking, finely chop the **garlic**. In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **rice wine vinegar**. Add the **chicken thigh** and toss to coat. Set aside.



3

### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the remaining **marinade** and simmer until reduced slightly. Remove from the heat and set aside.

**TIP:** The marinade will darken and caramelise, this adds to the flavour!



4

### Prep the salad

While the chicken is cooking, thinly slice the **pear** and **spring onion**.



5

### Make the salad

In a second medium bowl, combine the **mixed salad leaves**, **pear** and 1/2 the **spring onion**. Add the **Japanese dressing** and toss to coat.



6

### Serve up

Slice the honey-soy glazed chicken. Divide the chicken, sesame fries and Japanese-style pear salad between plates. Spoon over any excess glaze and garnish with the remaining spring onion. Serve with the **garlic aioli**.

**Enjoy!**