



# Honey Soy-Glazed Chicken

with Creamy Slaw & Sesame Fries

Grab your Meal Kit  
with this symbol



Potato



Mixed Sesame Seeds



Garlic



Spring Onion



Cucumber



Chicken Thigh



Smokey Aioli



Slaw Mix



Chicken Thigh

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced celery with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart\*

Eat Me Early

We love chicken thighs as they're full of flavour and stay tender and juicy during cooking. Here, this versatile cut gets a sticky honey-soy coating that caramelises in the pan. Served next to your new favourite side dish – golden sesame fries – this meal will keep you coming back for more!



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

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

## 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	½ sachet	1 sachet
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
cucumber	1 (medium)	1 (large)
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
chicken thigh	1 packet	1 packet
smokey aioli	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
chicken thigh**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2451kJ (585Cal)	419kJ (100Cal)
Protein (g)	40.3g	6.9g
Fat, total (g)	28.4g	4.9g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	48.8g	8.3g
- sugars (g)	24.2g	4.1g
Sodium (mg)	1096mg	187mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3210kJ (767Cal)	431kJ (103Cal)
Protein (g)	72.8g	9.8g
Fat, total (g)	34.1g	4.6g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	48.8g	6.6g
- sugars (g)	24.2g	3.2g
Sodium (mg)	1195mg	160mg

The quantities provided above are averages only.

\*Custom recipe is not Calorie Smart.

## 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.



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2



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## Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a medium heat. Using tongs, pick up the chicken and let the excess marinade drip back into the bowl. Cook the chicken, turning, until browned and cooked through, **10-14 minutes**. In the last **5 minutes** of cook time, add the remaining marinade and simmer until reduced slightly. Turn the chicken to coat.

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

## CUSTOM RECIPE

Cook the chicken in batches for best results.

## Get prepped

While the fries are baking, finely chop the garlic. Thinly slice the spring onion and cucumber.

## Flavour the chicken

In a medium bowl, combine the garlic, soy sauce, honey and 1/2 the vinegar. Add the chicken thigh and turn to coat. In a large bowl, combine the smokey aioli with the remaining vinegar. Set aside.

## CUSTOM RECIPE

If you've doubled your chicken thigh, also double the amount of soy sauce, honey and vinegar for the marinade.

## Serve up

Divide the honey soy-glazed chicken between plates and spoon over any remaining glaze. Serve with the sesame fries and creamy slaw.

## Enjoy!