



# 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 Breast



Smokey Aioli



Slaw Mix



Chicken Thigh

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

Calorie Smart

Eat Me Early

When honey, soy sauce and a hot pan collide you get these deliciously caramelised chicken breast steaks. 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)
chicken breast	1 packet	1 packet
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
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 (586Cal)	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)	2451kJ (586Cal)	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

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

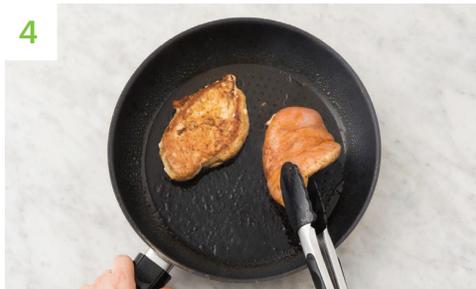
If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW02



## 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** (see ingredients) 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**.



## 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, **3-5 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat, then add the remaining marinade and simmer until reduced slightly, **2 minutes**.

**TIP:** The chicken is cooked through when it's no longer pink inside.

### CUSTOM RECIPE

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 until cooked through, turning occasionally, 10-14 minutes.



## Get prepped

While the fries are baking, finely chop the **garlic**. Thinly slice the **spring onion** and **cucumber**. Place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin steaks.



## Make the slaw

Add the **slaw mix**, **spring onion** and **cucumber** to the **aioli dressing**. Season with **salt** and **pepper**. Toss well to combine.



## Flavour the chicken

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

### CUSTOM RECIPE

If you've swapped your chicken breast for chicken thigh, add the chicken to the honey-soy mixture as above and turn to coat.



## Serve up

Slice the honey soy-glazed chicken. Divide the chicken, sesame fries and creamy slaw between plates. Spoon over any remaining glaze to serve.

## Enjoy!