



# Honey-Soy Glazed Chicken & Sesame Fries

## with Crispy Shallots

Grab your Meal Kit with this symbol



Potato



Black Sesame Seeds



Garlic



Chicken Thigh



Tomato



Lemon



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli



Crispy Shallots

Hands-on: 25 mins  
Ready in: 35 mins

Low Calorie

Eat me early

When honey, soy sauce and a hot pan collide you get these deliciously caramelised chicken thighs. Serve them with a refreshing Japanese-style salad and crispy sesame fries – just the thing for soaking up any extra sauce!

### 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

	4 People
olive oil*	refer to method
potato	4
black sesame seeds	2 sachets
garlic	4 cloves
soy sauce*	½ cup
honey*	2 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs
chicken thigh	1 packet
tomato	2
lemon	1
mixed salad leaves	1 bag (120g)
Japanese dressing	2 packets (60g)
garlic aioli	1 packet (100g)
crispy shallots	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2200kJ (527Cal)	331kJ (79Cal)
Protein (g)	40.0g	6.0g
Fat, total (g)	26.4g	4.0g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	28.1g	4.2g
- sugars (g)	22.0g	3.3g
Sodium (g)	1360mg	205mg

## Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Bake the sesame fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 0.5cm-thick fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. Remove the tray from the oven and sprinkle over the **black sesame seeds**. Bake until golden, a further **5 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



## 4. 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. Add the **chicken** to the pan and cook, turning often, 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.

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



## 2. Flavour the chicken

While the fries are baking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **rice wine vinegar** and mix well. Add the **chicken thigh** to the bowl and toss to coat.



## 3. Prep the tomato & lemon

Roughly chop the **tomato**. Slice the **lemon** into wedges.



## 5. Bring the salad together

In a medium bowl, combine the **mixed salad leaves** and **tomato**. Just before serving, add the **Japanese dressing** and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp!



## 6. Serve up

Thickly slice the chicken. Divide the honey-soy glazed chicken between plates, spooning over any remaining glaze from the pan. Serve with the sesame fries, Japanese-style salad, lemon wedges and **garlic aioli**. Sprinkle with the **crispy shallots**.

**Enjoy!**