



Sweet Miso Chicken & Sesame Fries

with Japanese Pear Salad

Grab your Meal Kit with this symbol



Potato



Sesame Seeds



Miso Paste



Chicken Breast



Pear



Spring Onion



Roasted Cashews



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Eat me early

Miso, the umami-rich classic Japanese ingredient, gets a starring role in this marinade, where it adds a tasty touch to seared chicken. Add some golden sesame-coated fries on the side plus a fresh green salad loaded with a Japanese dressing, and we've transformed a classic dinner formula into a flavoursome feast!

Pantry items

Olive Oil, Brown Sugar, Rice 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
sesame seeds	1 sachet	2 sachets
miso paste	½ packet (20g)	1 packet (40g)
brown sugar*	2 tsp	4 tsp
rice wine vinegar*	1 tsp	2 tsp
water*	1 tsp	2 tsp
chicken breast	1 packet	1 packet
pear	½	1
spring onion	1 bunch	1 bunch
roasted cashews	1 packet	2 packets
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

	Per Serving	Per 100g
Energy (kJ)	3040kJ (726Cal)	573kJ (137Cal)
Protein (g)	45.3g	8.5g
Fat, total (g)	38.2g	7.2g
- saturated (g)	6.0g	1.1g
Carbohydrate (g)	47.4g	8.9g
- sugars (g)	20.4g	3.8g
Sodium (g)	901mg	170mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.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 fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Sprinkle with a **generous pinch** of **salt** and **pepper**. **Drizzle** with **olive oil**, sprinkle with the **sesame seeds** and toss to coat. Bake until tender, **20-25 minutes**.

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



2. Flavour the chicken

While the fries are baking, combine the **miso paste** (see ingredients list), **brown sugar**, **rice wine vinegar** and the **water** in a large bowl. Place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the **remaining chicken**. Add the **chicken** to the miso mixture and toss to coat. Set aside.



3. Get prepped

Thinly slice the **pear** (see ingredients list). Thinly slice the **spring onion**. Roughly chop the **roasted cashews**.



4. Cook the chicken

When the fries have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **chicken** with a **dash** of **water** and cook, turning occasionally, until cooked through, **4-5 minutes**.

TIP: Don't worry if the chicken chars in the pan, this adds to the flavour!

TIP: Add an extra dash of water if the chicken is sticking to the pan!



5. Toss the salad

In a medium bowl, combine the **mixed salad leaves**, **pear** and **spring onion**. 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

Divide the sesame fries, Japanese pear salad and sweet miso chicken between plates. Sprinkle the salad with the roasted cashews and serve with the **garlic aioli**.

Enjoy!