



# Southeast Asian Crumbed Chicken & Sesame Wedges

with Asian Slaw & Sesame Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pear



Mayonnaise



Sesame Oil Blend



Southeast Asian Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Slaw Mix



Japanese Style Dressing



Japanese Tofu

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

This meal is a collection of all of our favourite flavours that just seem to give off the best golden crunch. Dip chicken tenderloins in our Southeast Asian spice blend that packs a punch and then pop them into the pan to watch them crisp up to golden perfection. Pair your chicken with some golden sesame wedges and a colourful Asian slaw - you'll thank us later!

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

### Pantry items

Olive Oil, Soy Sauce, Plain Flour, Egg

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
pear	½	1
mayonnaise	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
<b>soy sauce*</b>	½ tsp	1 tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	1 tsp	2 tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	2 medium packets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
slaw mix	1 small bag	1 large bag
Japanese style dressing	1 packet	2 packets
Japanese tofu**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	496kJ (119Cal)
Protein (g)	51.6g	8.6g
Fat, total (g)	28.8g	4.8g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	57.1g	9.5g
- sugars (g)	15.9g	2.6g
Sodium (mg)	1081mg	179mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	558kJ (133Cal)
Protein (g)	29.7g	5.5g
Fat, total (g)	36.5g	6.8g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	61.7g	11.5g
- sugars (g)	18.2g	3.4g
Sodium (mg)	1480mg	275mg

The quantities provided above are averages only.

## Allergens

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

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

## We're here to help!

Scan here if you have any questions or concerns



## Bake the potato wedges

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into wedges.
- Place **potato** on a lined oven tray. Sprinkle over **mixed sesame seeds**, drizzle with **olive oil** and season with a pinch of **salt** and **pepper**.
- Toss to coat, then bake until tender, **20-25 minutes**.



## Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **crumbed chicken** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Set aside on a paper towel-lined plate.

**TIP:** Chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** Heat frying pan as above. Cook crumbed tofu, tossing, until browned, 3-4 minutes. Set aside on a paper towel-lined plate.



## Get prepped

- Meanwhile, thinly slice **pear** into sticks.
- In a small bowl, combine **mayonnaise**, **sesame oil blend** (see ingredients) and the **soy sauce**. Set aside.

**Little cooks:** Take charge by combining the sauces!



## Toss the slaw

- Meanwhile, in a medium bowl, combine **pear** and **slaw mix**.
- Add **Japanese style dressing** just before serving and toss to coat. Season to taste.

**Little cooks:** Take the lead by tossing the slaw!



## Crumb the chicken

- In a shallow bowl, combine **Southeast Asian spice blend**, the **plain flour** and a pinch of **salt** and **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** into **flour mixture**, followed by the **egg** and finally into **panko breadcrumbs**. Set aside on a plate.

**Custom Recipe:** If you've swapped to Japanese tofu, cut tofu into 2cm pieces. Crumb tofu in the same way as above.



## Serve up

- Divide Southeast Asian crumbed chicken, sesame wedges and Asian slaw between plates.
- Serve with sesame mayo. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)