



Classic Lemon Pepper Chicken

with Roasted Sesame Sweet Potato & Tomato Salad

BESTSELLER



Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Snacking Tomatoes



Mixed Salad Leaves



Japanese Style Dressing



Mayonnaise



Chicken Breast



Lemon Pepper Seasoning



Crispy Shallots



Prawns

Prep in: 30-40 mins
Ready in: 30-40 mins

Carb Smart

Eat Me First

Tonight, it's all about simple and classic - lemon-pepper chicken, some herby sweet potatoes and to keep the carbs down, a big salad that will see you going back for more.

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

Pantry items

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

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sesame seeds	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	1 small bag	1 medium bag
Japanese style dressing	1 packet	2 packets
vinegar* (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	drizzle	drizzle
chicken breast	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
crispy shallots	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2438kJ (583Cal)	460kJ (110Cal)
Protein (g)	40.8g	7.7g
Fat, total (g)	32.9g	6.2g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	38.7g	7.3g
- sugars (g)	16.4g	3.1g
Sodium (mg)	817mg	154mg
Dietary Fibre (g)	9.5g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2009kJ (480Cal)	432kJ (103Cal)
Protein (g)	20.6g	4.4g
Fat, total (g)	28.7g	6.2g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	38.7g	8.3g
- sugars (g)	16.4g	3.5g
Sodium (mg)	1385mg	298mg
Dietary Fibre	9.3g	2g

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 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



1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato**, **sesame seeds**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** over two lined oven trays.
- Toss to coat, then bake until tender, **20-25 minutes**.

4



Prepare the chicken

- Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **chicken steaks** and turn to coat.

Custom Recipe: If you've swapped to prawns, in a medium bowl, place lemon pepper seasoning, a pinch of salt and a drizzle of olive oil. Add prawns and toss to coat.

2



Prepare the salad

- While the sweet potato is roasting, halve **snacking tomatoes**.
- In a medium bowl, place **snacking tomatoes** and **mixed salad leaves**. Just before serving, add **Japanese style dressing**, the **vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

TIP: Dress the salad before serving to prevent the leaves from going soggy!

5



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **chicken steaks** and cook until cooked through (when no longer pink inside), **3-5 minutes** each side (depending on thickness).

TIP: Cook chicken in batches if your pan is getting crowded.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.

3



Make the soy-mayo

- In a small bowl, combine **mayonnaise** and a drizzle of the **soy sauce**.

6



Serve up

- Divide lemon pepper chicken, sesame sweet potatoes and salad between plates.
- Garnish salad with **crispy shallots**. Serve with soy-mayo. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate