



Southeast Asian Crumbed Chicken & Sesame Wedges with Asian Slaw & Sesame Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pear



Mayonnaise



Sesame Oil Blend



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Slaw Mix



Japanese Style Dressing



Pork Schnitzels

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 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
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
pear	½	1
mayonnaise	1 packet (40g)	1 packet (80g)
sesame oil blend	½ packet	1 packet
soy sauce*	½ tsp	1 tsp
chicken breast	1 small packet	2 small packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
Japanese style dressing	1 packet	2 packets
pork schnitzels**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	496kJ (119Cal)
Protein (g)	51.7g	8.6g
Fat, total (g)	28.8g	4.8g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	57.1g	9.5g
- sugars (g)	15.9g	2.6g
Sodium (mg)	1080mg	179mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (689Cal)	499kJ (119Cal)
Protein (g)	44.5g	7.7g
Fat, total (g)	28.3g	4.9g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	59g	10.2g
- sugars (g)	16.2g	2.8g
Sodium (mg)	1400mg	242mg

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



Bake the sesame wedges

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into wedges.
- Place **potato** on a lined oven tray, add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Sprinkle **mixed sesame seeds** over the wedges.
- 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 golden and cooked through (when no longer pink inside), **3-5 minutes** each side.
- Set aside on a paper towel-lined plate.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over high heat. When oil is hot, cook pork schnitzel in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



Get prepped

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

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** into **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.

Custom Recipe: If you've swapped to pork schnitzels, crumb pork 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

Our Culinary team is waiting for your feedback!

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