



# Southeast Asian Crumbed Chicken & Sesame Wedges with Japanese Slaw & Soy Mayo

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Sweet Potato



Mixed Sesame Seeds



Apple



Mayonnaise



Sesame Oil Blend



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Slaw Mix



Japanese Style Dressing



Pork Schnitzels



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 in our Southeast Asian spice blend that packs a punch and crisp it up to golden perfection. Pair your chicken with some golden sesame wedges and a colourful Asian slaw - you'll thank us later!

### Pantry items

Olive Oil, Soy Sauce, Plain Flour, Egg



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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. · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
apple	1	2
mayonnaise	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
<b>soy sauce*</b>	½ tsp	1 tsp
chicken breast	1 medium packet	2 medium packets OR 1 large packet
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	1 large packet
slaw mix	1 small packet	1 large packet
Japanese style dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	505kJ (121Cal)
Protein (g)	51g	8.5g
Fat, total (g)	28.8g	4.8g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	63.5g	10.5g
- sugars (g)	23.4g	3.9g
Sodium (mg)	1090mg	181mg
Dietary Fibre (g)	12.7g	2.1g

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.

1



## Bake the sesame wedges

- Preheat oven to **240°C/220°C fan forced**.
- Cut **sweet potato** into wedges.
- Place **sweet 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**.

4



## Cook the chicken

- Set your air fryer to **200°C**. Place **crumbed chicken** into air fryer basket and cook until golden and cooked through (when no longer pink inside), **12-15 minutes**.

**TIP:** No air fryer? 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 (when no longer pink inside), 3-4 minutes each side. Transfer to a paper towel-lined plate.

2



## Get prepped

- Meanwhile, thinly slice **apple** into sticks.
- In a small bowl, combine **mayonnaise**, **sesame oil blend** (see ingredients) and the **soy sauce**. Set aside.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

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

5



## Toss the slaw

- Meanwhile, in a medium bowl, combine **apple** 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!

3



## 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 steaks** into **flour mixture**, followed by the **egg** and finally into 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.

6



## Serve up

- Slice chicken into strips.
- Divide Southeast Asian crumbed chicken, sesame sweet potato wedges and Asian slaw between plates.
- Serve with sesame mayo. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



### CUSTOM OPTIONS



**SWAP TO PORK SCHNITZELS**  
Follow crumbing method above.



**SWAP TO JAPANESE TOFU**  
Follow crumbing method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

