



# Classic Lemon Pepper Chicken

with Roasted Sesame Sweet Potato & Tomato Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Snacking Tomatoes



Mixed Salad Leaves



Japanese 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, Rice Wine Vinegar

## 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         |
|---------------------------|-----------------|------------------|
| <b>olive oil*</b>         | refer to method | refer to method  |
| sweet potato              | 2               | 4                |
| sesame seeds              | 1 medium packet | 1 large packet   |
| snacking tomatoes         | 1 punnet        | 2 punnets        |
| mixed salad leaves        | 1 small bag     | 1 medium bag     |
| <b>rice wine vinegar*</b> | drizzle         | drizzle          |
| Japanese dressing         | 1 packet        | 2 packets        |
| mayonnaise                | 1 medium packet | 2 medium packets |
| chicken breast            | 1 small packet  | 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)       | 1993kJ (476Cal) | 429kJ (103Cal) |
| Protein (g)       | 20.7g           | 4.5g           |
| 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 (g) | 9.3g            | 2g             |

### Custom Recipe

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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



## Roast the sweet potato

- Preheat the 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**.



## 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**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken steaks** and turn to coat.

**Custom Recipe:** If you've swapped to prawns, to the bowl with the lemon pepper seasoning, add the prawns, a pinch of salt and a drizzle of olive oil. Toss to coat.



## 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, drizzle with a little **olive oil** and the **rice wine vinegar** and season with **salt** and **pepper**.

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



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks**, 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.



## Make the Japanese mayo

- In a small bowl, combine **Japanese dressing** and **mayonnaise**.



## Serve up

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

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)