



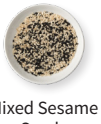
Miso Chicken & Japanese Salad

with Sesame Sweet Potato Fries

Grab your Meal Kit with this symbol



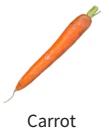
Sweet Potato



Mixed Sesame Seeds



Cucumber



Carrot



Lime



Chicken Breast



Miso Paste



Mixed Leaves



Japanese Dressing



Crispy Shallots



Garlic Aioli



Salmon

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat Me First

Made from fermented soybeans, umami-rich miso gets a starring role in our Japanese-inspired marinade for chicken breast. Add a crisp salad and sesame-sprinkled SP fries and you have a winning weeknight dinner.



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

Pantry items

Olive Oil, Brown Sugar, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
sweet potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
cucumber	1	2
carrot	1	2
lime	½	1
chicken breast	1 small packet	1 large packet
miso paste	1 packet	1 packet
brown sugar*	2 tsp	1 tbs
rice wine vinegar*	1 tsp	2 tsp
mixed leaves	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
garlic aioli	1 packet (50g)	1 packet (100g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (689Cal)	497kJ (119Cal)
Protein (g)	45.4g	7.8g
Fat, total (g)	38.6g	6.7g
- saturated (g)	5.6g	1g
Carbohydrate (g)	44.5g	7.7g
- sugars (g)	22.4g	3.9g
Sodium (mg)	1102mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	637kJ (152Cal)
Protein (g)	38g	6.9g
Fat, total (g)	59.6g	10.7g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	44g	7.9g
- sugars (g)	22.4g	4g
Sodium (mg)	1069mg	193mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW14



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and sprinkle with **mixed sesame seeds**. Toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the chicken

When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over high heat. Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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

CUSTOM RECIPE

When fries have 10 minutes remaining, heat a drizzle of olive oil in the frying pan over medium-high heat. Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



Get prepped

Meanwhile, thinly slice **cucumber** into rounds. Grate the **carrot**. Slice **lime** into wedges. Set aside.



Toss the salad

While chicken is cooking, combine **mixed leaves**, **cucumber** and **carrot** in a medium bowl. Add **Japanese dressing**, tossing to coat. Season to taste.



Flavour the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a large bowl, combine **miso paste**, the **brown sugar** and **rice wine vinegar**. Season, then add **chicken**, tossing to coat.

CUSTOM RECIPE

If you've upgraded to salmon, pat salmon dry. Prepare miso marinade as above, then add salmon, turning to coat.



Serve up

Divide sweet miso chicken, Japanese salad and sesame sweet potato fries between plates. Sprinkle **crispy shallots** over salad. Serve with **garlic aioli** and lime wedges.

Enjoy!

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