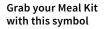


Miso-Ginger Chicken & Sesame Fries with Rainbow Salad

















Miso Paste



Chicken Breast



Cucumber





Spring Onion







Roasted Peanuts



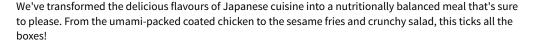
Japanese Dressing





Naturally gluten-free Not suitable for Coeliacs





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

ingi calcino		
2 People	4 People	
refer to method	refer to method	
2	4	
1 sachet	2 sachets	
½ tub	1 tub	
1 knob	2 knobs	
2 tsp	1 tbs	
1 tsp	2 tsp	
1 tsp	2 tsp	
1 small packet	1 large packet	
1	2	
1	2	
2 stems	4 stems	
1/2	1	
1 bag	1 bag (120g)	
. 0.	2 packets	
	2 packets	
(30g)	(60g)	
	refer to method 2 1 sachet ½ tub 1 knob 2 tsp 1 tsp 1 tsp 1 small packet 1 1 2 stems ½ 1 bag (60g) 1 packet 1 packet	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2673kJ (638Cal)	415kJ (99Cal)
Protein (g)	44.9g	7g
Fat, total (g)	31.2g	4.8g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	39.2g	6.1g
- sugars (g)	11.8g	1.8g
Sodium (mg)	716mg	111mg

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.



Bake the sesame fries

Preheat the oven to 240°C/220°C fan-forced. Cut the potato (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Season with salt. Drizzle with olive oil, sprinkle with the mixed sesame seeds and toss to coat. Bake until tender, 20-25 minutes.

TIP: Cut the potato to size so it cooks in time.



Flavour the chicken

While the fries are baking, finely grate the **ginger**. In a large bowl, combine the **miso paste** (see ingredients), **ginger**, **brown sugar**, **rice wine vinegar** and the **water**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** steaks to the **miso mixture** and toss to coat.



Prep the veggies

Thinly slice the **cucumber**. Roughly chop the **tomato**. Thinly slice the **spring onion**. Slice the **lime** (see ingredients) into wedges.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **3-5 minutes**.

TIP: Don't worry if the chicken chars a bit, this just adds to the flavour! Chicken is cooked through when it's no longer pink inside.



Toss the salad

In a medium bowl, combine the **mixed salad leaves**, **cucumber**, **tomato**, **roasted peanuts** and **spring onion**. Add the **Japanese dressing** and toss to coat.



Serve up

Divide the sesame fries, salad and miso chicken between plates. Serve with the lime wedges.

Enjoy!