



Miso-Ginger Chicken & Sesame Fries

with Rainbow Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Ginger



Chicken Breast



Cucumber



Tomato



Spring Onion



Lime



Mixed Salad Leaves



Roasted Peanuts



Japanese Dressing

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

We've transformed the delicious flavours of Japanese cuisine into a nutritionally balanced meal that's sure to please. From the umami-packed coated chicken to the sesame fries and crunchy salad, this ticks all the boxes!

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
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
miso paste	½ tub	1 tub
ginger	1 knob	2 knobs
brown sugar*	2 tsp	1 tbs
rice wine vinegar*	1 tsp	2 tsp
water*	1 tsp	2 tsp
chicken breast	1 small packet	1 large packet
cucumber	1	2
tomato	1	2
spring onion	2 stems	4 stems
lime	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets
Japanese dressing	1 packet (30g)	2 packets (60g)

*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](https://www.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!