



Miso-Ginger Chicken & Sesame Fries

with Japanese-Style Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Ginger Paste



Chicken Breast



Tomato



Carrot



Spring Onion



Shredded Cabbage Mix



Roasted Peanuts



Japanese Dressing



Salmon

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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**

Calorie Smart
 Eat Me First

Naturally Gluten-Free
Not suitable for coeliacs

Dietitian Approved

Not only is this Japanese-inspired dish packed with veggies, it's full of flavour - from the umami and zingy coating on the chicken, to the nutty mixed sesame seeds on the fries, every morsel is super moreish.



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

Pantry items

Olive Oil, Brown Sugar, Red 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 medium packet	1 large packet
miso paste	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
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
tomato	1	2
carrot	1	2
spring onion	1 stem	2 stems
shredded cabbage mix	1 medium bag	1 large bag
roasted peanuts	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2638kJ (630Cal)	443kJ (106Cal)
Protein (g)	44.9g	7.5g
Fat, total (g)	28.3g	4.7g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	43g	7.2g
- sugars (g)	17.5g	7.2g
Sodium (mg)	753mg	126mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3207kJ (766Cal)	552kJ (131Cal)
Protein (g)	41.1g	7.1g
Fat, total (g)	46.5g	8g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	41.9g	7.2g
- sugars (g)	15.9g	2.7g
Sodium (mg)	705mg	121mg

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

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Bake the fries

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



Cook the chicken

When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** with a dash of **water**, turning occasionally, until cooked through, **3-5 minutes**.

TIP: Add another dash of water if the chicken is sticking to the pan.

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

CUSTOM RECIPE

Prepare pan as above. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side (add another dash of water if salmon is sticking to pan).



Flavour the chicken

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

CUSTOM RECIPE

If you've upgraded to salmon, pat it dry with paper towel. Season with salt and pepper. Add to miso mixture, as above, gently turning to coat.



Toss the salad

While the chicken is cooking, combine the **shredded cabbage mix**, **tomato**, **carrot**, **roasted peanuts** and **spring onion** in a medium bowl. Add the **Japanese dressing**. Toss to coat.



Prep the veg

Roughly chop the **tomato**. Grate the **carrot**. Thinly slice the **spring onion**.



Serve up

Divide the miso-ginger chicken, sesame fries and Japanese-style salad between plates to serve.

Enjoy!

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