

Miso-Ginger Chicken & Sesame Fries

with Japanese-Style Salad & Peanuts

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Ginger Paste



Tomato



Carrot



Herbs



Chicken Breast



Mixed Leaves



Japanese Dressing




Roasted Peanuts

Prep in: **20-30 mins**
Ready in: **35-45 mins**

 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

 Eat Me Early

 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 fragrant mixed sesame seeds on the fries, every morsel is super moreish. The kids can help you whip this one up, too.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

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*	1 tsp	2 tsp
soy sauce* (or gluten-free tamari soy sauce)	1 tsp	2 tsp
water*	1 tbs	2 tbs
tomato	1	2
carrot	1	2
herbs	1 bag	1 bag
chicken breast	1 small packet	1 large packet
mixed leaves	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604Cal)	418kJ (100Cal)
Protein (g)	48.6g	8g
Fat, total (g)	25.4g	4.2g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	41.6g	6.9g
- sugars (g)	14.3g	2.4g
Sodium (mg)	832mg	138mg

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.



Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place on a lined oven tray (if your oven tray is crowded, divide between two trays). Drizzle with **olive oil**, season with **salt** and sprinkle with **mixed sesame seeds**. Toss to coat. Bake until tender, **20-25 minutes**.

Little cooks: Season the fries and sprinkle the seeds on top! Make sure they're spread out in a single layer.



Cook the chicken

When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until cooked through, **3-6 minutes** (cook in batches if your pan is getting crowded). In the last **1-2 minutes** of cook time, add **miso mixture**, turning **chicken** to coat.

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



Make the marinade

Meanwhile, combine **miso paste** (see ingredients), **ginger paste**, the **brown sugar**, **soy sauce** and the **water** in a small bowl.

Little cooks: Take the lead and help combine the ingredients for the marinade!



Toss the salad

While the chicken is cooking, combine **mixed leaves**, **tomato**, **carrot** and **herbs** in a medium bowl. Add **Japanese dressing**. Toss to coat.



Get prepped

Roughly chop **tomato**. Grate **carrot**. Roughly chop **herb** leaves. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

Little cooks: Older kids, help grate the carrot under adult supervision!



Serve up

Divide miso-ginger chicken, sesame fries and Japanese-style salad between plates. Sprinkle with **roasted peanuts** to serve.

Enjoy!

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