



Ponzu-Ginger Chicken & Fries

with Japanese-Style Salad & Peanuts

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Ponzu Sauce



Ginger Paste



Cucumber



Carrot



Chicken Breast



Lemon Pepper Seasoning



Mixed Salad Leaves

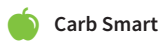


Japanese Dressing



Roasted Peanuts

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



Carb Smart

Eat Me Early

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 final crunch of peanuts, every morsel is super moreish. The kids can help you whip this one up, too.

Pantry items

Olive Oil, Brown Sugar, Vinegar (Rice Wine or White Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 |
| ponzu sauce | 1 medium packet | 1 large packet |
| ginger paste | 1 medium packet | 1 large packet |
| brown sugar* | 3 tsp | 6 tsp |
| vinegar* (rice wine or white wine) | 2 tsp | 4 tsp |
| water* | 1 tbs | 2 tbs |
| cucumber | 1 | 2 |
| carrot | 1 | 2 |
| chicken breast | 1 small packet | 1 large packet |
| lemon pepper seasoning | 1 medium sachet | 2 medium sachets |
| mixed salad leaves | 1 medium bag | 1 large bag |
| Japanese dressing | 1 packet | 2 packets |
| roasted peanuts | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2279kJ (545Cal) | 379kJ (91Cal) |
| Protein (g) | 41.4g | 6.9g |
| Fat, total (g) | 23.2g | 3.9g |
| - saturated (g) | 4.4g | 0.7g |
| Carbohydrate (g) | 39.6g | 6.6g |
| - sugars (g) | 19.8g | 3.3g |
| Sodium (mg) | 1142mg | 190mg |
| Dietary Fibre (g) | 9.9g | 1.6g |

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.

1



Bake the fries

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

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

4



Cook the chicken

- When the fries have **15 minutes** remaining, place your hand on top of each **chicken breast** and slice through horizontally to make two thin **steaks**.
- In a bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **chicken steaks**, turning to coat.
- In a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until cooked through (when no longer pink inside), **10-14 minutes** (cook in batches if your pan is getting crowded).
- In the last **1-2 minutes** of cook time, add **ponzu mixture**, turning **chicken** to coat.

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

2



Make the marinade

- Meanwhile, combine **ponzu sauce**, **ginger paste**, the **brown sugar**, the **vinegar** and the **water** in a small bowl. Set aside.

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

5



Toss the salad

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

Little cooks: Take the lead by tossing the salad!

3



Get prepped

- Roughly chop **cucumber**.
- Grate **carrot**. Set aside.

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

6



Serve up

- Slice chicken.
- Divide ponzu-ginger chicken, fries and Japanese style salad between plates.
- Sprinkle with **roasted peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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