



# Quick Hoisin Chicken & Sesame Potatoes

with Asian-Style Apple Salad & Garlic Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Apple



Carrot



Sesame Oil Blend



Baby Spinach Leaves



Hoisin Sauce



Garlic Paste



Chicken Thigh



Garlic Aioli

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early

With its sweet and salty flavour profile, a honey and garlic-spiked hoisin sauce adds a special touch to succulent chicken thigh, creating an aromatic glaze in the pan in the last minute of cook time. Turn the sides into something special with a sprinkling of mixed sesame seeds on the roast potatoes, and a sesame oil and rice wine vinegar dressing for the slaw.

### Pantry items

Olive Oil, Honey, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
apple	1	2
carrot	1	2
hoisin sauce	1 packet	2 packets
garlic paste	1 packet	2 packets
<b>honey*</b>	2 tsp	4 tsp
chicken thigh	1 small packet	1 large packet
sesame oil blend	1 packet	2 packets
<b>rice wine vinegar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3109kJ (743Cal)	515kJ (123Cal)
Protein (g)	40.3g	6.7g
Fat, total (g)	36.9g	6.1g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	58.7g	9.7g
- sugars (g)	33.5g	5.5g
Sodium (mg)	882mg	146mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Bake the potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-size chunks.
- Place **potato** on a lined oven tray. Season with **salt**, drizzle with **olive oil**, sprinkle over **mixed sesame seeds** and toss to coat.
- Bake until tender, **20-25 minutes**.

3



## Cook the chicken & toss the slaw

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last minute, add the **sauce mixture**, turning **chicken** to coat.
- While the chicken is cooking, combine the **sesame oil blend**, **rice wine vinegar** and a pinch of **salt** and **pepper** in a medium bowl. Add the **apple**, **baby spinach leaves** and **carrot**. Toss to combine. Season to taste.

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

2



## Get prepped

- Meanwhile, thinly slice **apple** into wedges. Grate the **carrot**. Set aside.
- In a medium bowl, combine **hoisin sauce**, **garlic paste** and the **honey**. Mix well.

4



## Serve up

- Slice hoisin chicken. Divide sesame potatoes, chicken and apple salad between plates.
- Serve with **garlic aioli**. Enjoy!

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