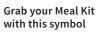


Quick Hoisin Chicken & Sesame Potatoes with Asian-Style Apple Salad & Garlic Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

NEW









Potato



Mixed Sesame





Carrot





Baby Spinach

Leaves

Sesame Oil Blend





Hoisin Sauce



Chicken Thigh



Garlic Aioli



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.



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
olive oil*	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
honey*	2 tsp	4 tsp
chicken thigh	1 small packet	1 large packet
sesame oil blend	1 packet	2 packets
rice wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



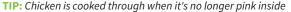
Get prepped

- 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.



Cook the chicken & toss the slaw

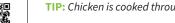
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook chicken thigh, turning occasionally, until browned and cooked through, 10-14 minutes. In the last minute, add the sauce mixture, turning chicken to coat.
- While the chicken is cooking, combine the sesame oil blend, 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.





Serve up

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



We're here to help!