



Quick Hoisin Chicken & Sesame Sweet Potatoes

with Asian-Style Apple Salad & Garlic Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Mixed Sesame Seeds



Apple



Sesame Oil Blend



Hoisin Sauce



Garlic Paste



Chicken Thigh



Garlic Aioli



Deluxe Salad Mix



Chicken Breast

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 sweet potatoes, and a sesame oil and vinegar dressing for the slaw.

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

Pantry items

Olive Oil, Honey, White 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
sweet potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
apple	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
white wine vinegar*	1 tsp	2 tsp
deluxe salad mix	1 medium packet	1 large packet
garlic aioli	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)	3151kJ (753Cal)	544kJ (130Cal)
Protein (g)	38.6g	6.7g
Fat, total (g)	38.3g	6.6g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	61g	10.5g
- sugars (g)	39.6g	6.8g
Sodium (mg)	864mg	149mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3081kJ (736Cal)	532kJ (127Cal)
Protein (g)	41.4g	7.2g
Fat, total (g)	35.1g	6.1g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	61g	10.5g
- sugars (g)	39.6g	6.8g
Sodium (mg)	851mg	147mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Bake the sweet potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **sweet potato** into bite size chunks.
- Place **sweet 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 (when no longer pink inside), **10-14 minutes**. In the **last minute**, add the **sauce mixture**, turning **chicken** to coat.
- While the chicken is cooking, combine **sesame oil blend**, **white wine vinegar** and a pinch of **salt** and **pepper** in a second medium bowl. Add **deluxe salad mix**, **apple** and **carrot**. Toss to combine. Season to taste.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Add sauce mix in the last minute as above.

2



Get prepped

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

4



Serve up

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

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