

Quick Hoisin Chicken & Sesame Sweet Potatoes

with Asian-Style Apple Salad & Garlic Aioli

KID FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato









Hoisin Sauce



Garlic Paste

Sesame Oil Blend



Chicken Thigh









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

Eat Me Early

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.

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

9			
2 People	4 People		
refer to method	refer to method		
2	4		
1 medium sachet	1 large sachet		
1	2		
1 packet	2 packets		
1 packet	2 packets		
2 tsp	4 tsp		
1 small packet	1 large packet		
1 packet	2 packets		
1 tsp	2 tsp		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 small packet	1 large packet		
	refer to method 2 1 medium sachet 1 packet 1 packet 2 tsp 1 small packet 1 packet 1 medium packet 1 tsp		

^{*}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

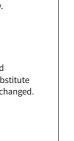
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3081kJ (736Cal)	532kJ (127Cal)
Protein (g)	41.4g	7.2g
Fat, total (g)	35.1g	6.1g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	61g	10.5g
- sugars (g)	39.6g	6.8g
Sodium (mg)	851mg	147mg

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.





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.



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.



Get prepped

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



Serve up

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



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