



Southeast Asian Crumbed Chicken & Sesame Wedges with Asian Slaw & Sesame Mayo

CLIMATE SUPERSTAR

KID FRIENDLY

Grab your Meal Kit
with this symbol



Potato



Mixed Sesame
Seeds



Pear



Sesame Oil
Blend



Southeast Asian
Spice Blend



Panko Breadcrumbs



Mayonnaise



Chicken Tenderloins



Slaw Mix



Japanese Dressing

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

This meal is a collection of all of our favourite flavours that just seem to give off the best golden crunch. Dip chicken tenderloins in our Southeast Asian spice blend that packs a punch and then pop them into the pan to watch them crisp up to golden perfection. Pair your chicken with some golden sesame wedges and a colourful Asian slaw - you'll thank us later!

Pantry items

Olive Oil, Soy Sauce, Plain Flour, Egg

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
pear	½	1
mayonnaise	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
soy sauce*	½ tsp	1 tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 small packet	1 large packet
slaw mix	1 small bag	1 large bag
Japanese dressing	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3037kJ (726Cal)	504kJ (120Cal)
Protein (g)	51.7g	8.6g
Fat, total (g)	28.9g	4.8g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	58.9g	9.8g
- sugars (g)	14.9g	2.5g
Sodium (mg)	1022mg	170mg

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 wedges

- Preheat oven to **240°C/220°C fan forced**. Cut **potato** into wedges.
- Place **potato** on a lined oven tray, sprinkle over **mixed sesame seeds**, add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat.
- Bake until tender, **20-25 minutes**.



Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base of the pan over medium-high heat.
- When the oil is hot, cook **crumbed chicken** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Set aside on a plate lined with a paper towel.

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



Get prepped

- Meanwhile, thinly slice **pear** into sticks.
- In a small bowl, combine **mayonnaise**, **sesame oil blend** (see ingredients) and **soy sauce**. Set aside.



Toss the slaw

- Meanwhile, in a medium bowl, combine **pear** and **slaw mix**.
- Add **Japanese dressing** just before serving and toss to coat. Season to taste.



Crumb the chicken

- In a shallow bowl, combine **Southeast Asian spice blend**, the **plain flour**, and a pinch of **salt** and **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** into **flour mixture**, followed by **egg**, and finally in **panko breadcrumbs**. Set aside on a plate.



Serve up

- Divide Southeast Asian crumbed chicken, sesame wedges and Asian slaw between plates.
- Serve with sesame mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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