



Southeast Asian Spiced Chicken

with Thai Salad & Coconut Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Southeast Asian Spice Blend



Chicken Breast



Garlic



Coconut Milk



Fish Sauce & Rice Vinegar Mix



Tomato



Cucumber



Lemon



Mixed Salad Leaves



Crushed Peanuts

Hands-on: **35-45 mins**
Ready in: **35-45 mins**

Eat me early

This heavenly chicken with coconut dressing is an aromatic treat for the senses. We've used our fragrant Southeast Asian spice blend to conjure up a perfectly delectable dish - you'll be transported from your kitchen to the tropics with their zesty flavour and fresh aroma.

Pantry items

Olive Oil, Plain Flour, Soy Sauce, Brown Sugar

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

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sesame seeds	1 sachet	2 sachets
plain flour*	2 tsp	1 tbs
Southeast Asian spice blend	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
garlic	1 clove	2 cloves
coconut milk	1 tin (165ml)	1 tin (400ml)
fish sauce & rice vinegar mix	½ tub (10g)	1 tub (20g)
soy sauce*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
tomato	1	2
cucumber	1	2
lemon	½	1
mixed salad leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3119kJ (745Cal)	464kJ (110Cal)
Protein (g)	45.6g	6.8g
Fat, total (g)	39.7g	5.9g
- saturated (g)	14.9g	2.2g
Carbohydrate (g)	42.3g	6.3g
- sugars (g)	20.1g	3g
Sodium (mg)	897mg	133mg

Allergens

Always read product labels for the most up-to-date allergen information.

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



1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato** and **sesame seeds** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to combine and roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the sweet potato is roasting, combine the **flour**, **1/2 the Southeast Asian spice blend**, a **drizzle of olive oil**, and a **pinch of salt** and **pepper** in a large bowl. Add the **chicken breast** and toss to coat. Finely chop the **garlic** (or use a garlic press).



3. Cook the chicken

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes** (depending on thickness). Set aside to rest.

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



4. Make the coconut dressing

While the **chicken** is baking, return the frying pan to a medium heat with a **drizzle of olive oil** (no need to wash out the pan). Add the **garlic** and **remaining Southeast Asian spice blend** and cook until fragrant, **1 minute**. Add the **coconut milk**, **fish sauce & rice vinegar mix** (see ingredients list), **soy sauce** and **brown sugar**. Bring to the boil and stir to combine. Simmer until thickened slightly, **3-4 minutes**. Remove the pan from the heat and set aside.

TIP: Add any resting juices from the chicken to the dressing for extra flavour!



5. Make the salad

Roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Slice the **lemon** (see ingredients list) into wedges. In a medium bowl, combine the **tomato**, **cucumber** and **mixed salad leaves**. Add a **drizzle of olive oil** and a **squeeze of lemon juice** and toss to coat.



6. Serve up

Thickly slice the chicken. Divide the chicken, salad and sesame sweet potato between plates. Drizzle over the coconut dressing and garnish the salad with the **crushed peanuts**. Serve with the remaining lemon wedges.

Enjoy!