



# Southeast Asian Spiced Chicken

with Sesame Sweet Potato, Thai Salad & Coconut Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Chicken Breast



Southeast Asian Spice Blend



Garlic



Lemongrass & Makrut Lime Stir-Fry Paste



Coconut Milk



Cherry Tomatoes



Mixed Salad Leaves



Crushed Peanuts



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



**1** Eat Me Early



**Naturally Gluten-Free**  
*Not suitable for coeliacs*

With creamy coconut, zesty makrut lime, and fragrant sesame, this succulent chicken dish will transport you from your kitchen to the tropics.

### Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, 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

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 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
plain flour* (or gluten-free plain flour)	½ tbs	1 tbs
Southeast Asian Spice Blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
lemongrass & makrut lime stir-fry paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
soy sauce* (or gluten-free tamari soy sauce)	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
cherry tomatoes	1 punnet	2 punnets
mixed salad leaves (30g)	1 small bag (30g)	1 medium bag (60g)
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2896kJ (692Cal)	456kJ (109Cal)
Protein (g)	46.7g	7.3g
Fat, total (g)	34.5g	5.4g
- saturated (g)	15.7g	2.5g
Carbohydrate (g)	43.6g	6.9g
- sugars (g)	20.7g	6.9g
Sodium (mg)	687mg	108mg

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



## Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place the **sweet potato** and **sesame seeds** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Roast until tender, **20-25 minutes**.

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



## Make the dressing

Return the frying pan to a medium heat with a drizzle of **olive oil** (don't wash out the pan!). Add the **garlic**, **lemongrass & makrut lime paste** and remaining **Southeast Asian spice blend**. Cook until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and **brown sugar**. Bring to the boil, then stir to combine. Simmer until well combined and thickened slightly, **3-4 minutes**. Remove from the heat.

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



## Prep the chicken & garlic

While the sweet potatoes are roasting, place the **chicken breast**, **plain flour** and 1/2 the **Southeast Asian spice blend** in a bowl. Drizzle with **olive oil**, season, then toss to coat. Finely chop the **garlic** and set aside.



## Make the salad

While the dressing is simmering, halve the **cherry tomatoes**. In a medium bowl, combine the **cherry tomatoes** and **mixed salad leaves** in a medium bowl. Drizzle with **olive oil** and **white wine vinegar**. Toss to coat, then season to taste.



## 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 lined oven tray and bake until cooked through, **6-10 minutes** (depending on size of fillet). Remove from the oven and set aside to rest.

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



## Serve up

Slice the Southeast Asian spiced chicken. Divide the Thai salad and sesame sweet potato between plates. Top with the chicken and a drizzle of coconut dressing. Sprinkle with the **crushed peanuts** to serve.

Enjoy!

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