



# Sweet Miso Chicken & Sesame Fries

with Cucumber Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Cucumber



Spring Onion



Lime



Chicken Breast



Mixed Salad Leaves



Japanese Dressing



Crispy Shallots



Garlic Aioli

Hands-on: **20-30** mins  
Ready in: **35-45** mins

Low Calorie

Eat me early

Miso, the umami-rich Japanese ingredient, gets a starring role in this marinade for chicken breast. Add sesame-coated fries and a crisp Japanese salad for a winning dinner combo!

### Pantry items

Olive Oil, Brown Sugar, Rice 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
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
miso paste	½ tub	1 tub
brown sugar*	2 tsp	1 tbs
rice wine vinegar*	1 tsp	2 tsp
water*	1 tsp	2 tsp
cucumber	1	2
spring onion	1 bunch	1 bunch
lime	½	1
chicken breast	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)
Japanese dressing	1 tub (30g)	2 tubs (60g)
crispy shallots	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2280kJ (546Cal)	423kJ (101Cal)
Protein (g)	46.1g	8.6g
Fat, total (g)	21.3g	3.9g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	38.7g	7.2g
- sugars (g)	11.2g	2.1g
Sodium (g)	754mg	140mg

## 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. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Sprinkle with a **generous pinch** of **salt** and **pepper**. **Drizzle** with **olive oil**, sprinkle with the **mixed sesame seeds** and toss to coat. Bake until tender, **20-25 minutes**.

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



## 2. Get prepped

While the fries are baking, combine the **miso paste** (see ingredients list), **brown sugar**, **rice wine vinegar** and the **water** in a large bowl. Thinly slice the **cucumber**. Thinly slice the **spring onion**. Slice the **lime** (see ingredients list) into wedges.



## 3. Flavour the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining **chicken**. Add the **chicken** steaks to the **miso mixture** and toss to coat.



## 4. Cook the chicken

When the fries have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **chicken** and cook, turning occasionally, until cooked through, **4-5 minutes**. Don't worry if the chicken chars a bit, this just adds to the flavour!

**TIP:** Add an extra dash of oil if the chicken is sticking to the pan.

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



## 5. Toss the salad

In a medium bowl, combine the **mixed salad leaves**, **cucumber** and **spring onion**. Just before serving, add the **Japanese dressing** and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 6. Serve up

Divide the sesame fries, cucumber salad and sweet miso chicken between plates. Sprinkle the salad with the **crispy shallots**. Serve with the **garlic aioli** and lime wedges.

**TIP:** For the low-calorie option, omit the garlic aioli and serve with 1/2 the crispy shallots.

**Enjoy!**