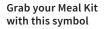
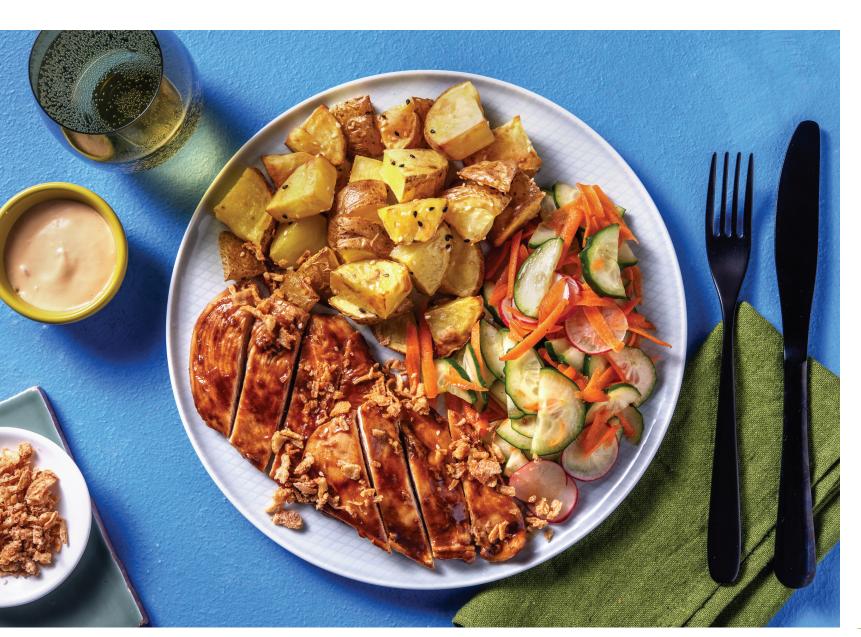


Hoisin-Glazed Chicken & Soy Mayo with Sesame Potato Chunks & Radish Salad



















Carrot





Chicken Breast



Mayonnaise



Crispy Shallots

Hoisin Sauce

Hands-on: 15-25 mins Ready in: 30-40 mins



What's as fuss free as going to your local Chinese restaurant? Not much, but we reckon this simple hoisin chicken comes close... It's cooked in a jiffy, it's big on flavour and best of all, the mess is minimal.

Pantry items

Olive Oil, Honey, Soy Sauce, Sesame Oil (Optional) , 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
mixed sesame seeds	1 sachet	1 sachet	
radish	2	4	
cucumber	1 (medium)	1 (large)	
carrot	1	2	
garlic	2 cloves	4 cloves	
chicken breast	1 packet	1 packet	
hoisin sauce	1 packet (75g)	2 packets (150g)	
honey*	½ tbs	1 tbs	
soy sauce*	1 tsp	2 tsp	
mayonnaise	1 packet (40g)	1 packet (80g)	
sesame oil* (optional)	½ tbs	1 tbs	
rice wine vinegar*	1 tsp	2 tsp	
crispy shallots	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2819kJ (674Cal)	436kJ (104Cal)
Protein (g)	38.2g	5.9g
Fat, total (g)	27.8g	4.3g
- saturated (g)	6.2g	1g
Carbohydrate (g)	65.9g	10.2g
- sugars (g)	31.4g	4.9g
Sodium (mg)	1309mg	202mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the potato chunks

- Preheat oven to 240°C/220°C fan-forced. Cut potato into bite-sized chunks.
- Place potato on a lined oven tray, then drizzle with olive oil, sprinkle over mixed sesame seeds and season with salt and pepper. Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.
- Meanwhile, thinly slice radish. Thinly slice cucumber into half-moons. Grate carrot. Finely chop garlic.



Make the soy mayo & salad

- While the chicken is cooking, combine the soy sauce and mayonnaise in a small bowl. Set aside.
- In a medium bowl, combine the sesame oil (if using), the rice wine vinegar
 and a pinch of salt and pepper. Add radish, cucumber and carrot and toss
 to combine. Season to taste.



Cook the chicken

- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine hoisin sauce and the honey and mix well. Add chicken and turn to coat.
- In a large frying pan, heat a drizzle of olive oil over a medium-high heat.
 Using tongs, pick up chicken and let excess marinade drip back into the bowl.
- Cook chicken until cooked through, 3-5 minutes each side (cook in batches
 if your pan is getting crowded).
- In the last **5 minutes** of cook time, add remaining **marinade** and **garlic** and cook until reduced slightly, turning chicken to coat.

TIP: The marinade will darken and caramelise – this adds to the flavour!



Serve up

- · Slice hoisin-glazed chicken.
- Divide sesame potato chunks, chicken and radish salad between plates.
- Garnish with crispy shallots. Serve with soy mayo.

Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact