



# Honey-Soy Glazed Chicken & Sesame Fries

with Japanese-Style Pear Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Chicken Thigh



Pear



Spring Onion



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli



Plant-Based Aioli

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Calorie Smart

Eat Me Early

This magical meal is made in a flash but tastes like hours of effort went into it. The classic combination of honey and soy speaks for itself, while sesame fries and Japanese dressing on a crisp salad add an extra twist.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar (or 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

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	1 sachet
garlic	2 cloves	4 cloves
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
rice wine vinegar* (or white wine vinegar)	½ tbs	1 tbs
chicken thigh	1 packet	1 packet
pear	1	2
spring onion	1 stem	2 stems
mixed salad leaves	1 bag (60g)	1 bag (120g)
Japanese dressing	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)
plant-based aioli**	1 packet (50g)	1 packet (100g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647Cal)	504kJ (120Cal)
Protein (g)	41g	7.6g
Fat, total (g)	29g	5.4g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	55.8g	10.4g
- sugars (g)	30.8g	5.7g
Sodium (mg)	1297mg	241mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2549kJ (609Cal)	474kJ (113Cal)
Protein (g)	40.9g	7.6g
Fat, total (g)	24.9g	4.6g
- saturated (g)	4g	0.7g
Carbohydrate (g)	54.8g	10.2g
- sugars (g)	29.5g	5.5g
Sodium (mg)	1277mg	238mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Bake the sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place the **fries** and **mixed sesame seeds** on a lined oven tray. Drizzle with **olive oil**, then season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the remaining **marinade** and simmer until reduced slightly.

**TIP:** *The marinade will darken and caramelize, this adds to the flavour!*



## Flavour the chicken

While the fries are baking, finely chop the **garlic**. In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **rice wine vinegar**. Add the **chicken thigh** and turn to coat. Set aside.



## Make the salad

In a second medium bowl, combine the **mixed salad leaves**, **pear** and **1/2 the spring onion**. Add the **Japanese dressing** and toss to coat.



## Get prepped

Thinly slice the **pear** and **spring onion**.



## Serve up

Slice the honey-soy glazed chicken. Divide the chicken, sesame fries and Japanese-style pear salad between plates. Spoon over any remaining glaze and garnish with the remaining spring onion. Serve with the **garlic aioli**.

### CUSTOM RECIPE

If you've swapped your garlic aioli for plant-based aioli, serve it on the side.

Enjoy!