



Honey-Soy Glazed Chicken & Sesame Fries

with Crispy Shallots

Grab your Meal Kit with this symbol



Potato



Black Sesame Seeds



Garlic



Chicken Thigh



Tomato



Lemon



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli



Crispy Shallots

Hands-on: 25 mins
 Ready in: 35 mins

Low Calorie

Eat me early

When honey, soy sauce and a hot pan collide you get these deliciously caramelised chicken thighs. Serve them with a refreshing Japanese-style salad and crispy sesame fries – just the thing for soaking up any extra sauce!

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

	4 People
olive oil*	refer to method
potato	4
black sesame seeds	2 sachets
garlic	4 cloves
soy sauce*	½ cup
honey*	2 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs
chicken thigh	1 packet
tomato	2
lemon	1
mixed salad leaves	1 bag (120g)
Japanese dressing	2 packets (60g)
garlic aioli	1 packet (100g)
crispy shallots	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2200kJ (527Cal)	331kJ (79Cal)
Protein (g)	40.0g	6.0g
Fat, total (g)	26.4g	4.0g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	28.1g	4.2g
- sugars (g)	22.0g	3.3g
Sodium (g)	1360mg	205mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the sesame fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 0.5cm-thick fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. Remove the tray from the oven and sprinkle over the **black sesame seeds**. Bake until golden, a further **5 minutes**.

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



4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a medium heat. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Add the **chicken** to the pan and cook, turning often, until browned and cooked through, **10-14 minutes**. In the last **5 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!



2. Flavour the chicken

While the fries are baking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **rice wine vinegar** and mix well. Add the **chicken thigh** to the bowl and toss to coat.



5. Bring the salad together

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

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



3. Prep the tomato & lemon

Roughly chop the **tomato**. Slice the **lemon** into wedges.



6. Serve up

Thickly slice the chicken. Divide the honey-soy glazed chicken between plates, spooning over any remaining glaze from the pan. Serve with the sesame fries, Japanese-style salad, lemon wedges and **garlic aioli**. Sprinkle with the **crispy shallots**.

Enjoy!