

Sesame Fried Chicken and Teriyaki Gyozas

with Chips and Zesty Baby Gem Slaw

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



British Chicken Breasts



Breadcrumbs



Black Sesame Seeds



Thai Style Spice Blend



Vegetable Gyoza



Lime



Spring Onion



Baby Gem Lettuce



Coleslaw Mix



Mayonnaise



Teriyaki Sauce

Pantry Items

Oil, Salt, Pepper, Egg, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, baking paper, rolling pin, saucepan, bowl, whisk, frying pan, kitchen paper and fine grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Black Sesame Seeds 3	5g	7g	10g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Vegetable Gyozas** 11 13 14	10	15	20
Lime**	1	1	1
Spring Onion**	1	1½	2
Baby Gem Lettuce**	1	1½	2
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8 9	96g	128g	192g
Teriyaki Sauce 11	50g	75g	100g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	772g	100g
Energy (kJ/kcal)	3729 /891	483 /115
Fat (g)	27.0	3.5
Sat. Fat (g)	3.5	0.5
Carbohydrate (g)	107	13.9
Sugars (g)	20.1	2.6
Protein (g)	59.0	7.6
Salt (g)	4.78	0.62


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8**) Egg **9**) Mustard **11**) Soya **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 30-35 mins. Turn halfway through.



Get Frying

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden brown and cooked through, 8-10 mins total.

Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Once cooked, transfer the **chicken** to a plate lined with kitchen paper.



Crumb the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper.

Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2 cm thick. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs**, **black sesame seeds** and **Thai style spice blend** into another medium bowl and season with the **salt** (see pantry for amount) and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated.

Transfer to a clean plate. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.**



Slaw Time

In the meantime, zest and cut the **lime** into wedges.

Trim and thinly slice the **spring onion**. Trim the **baby gem**, halve lengthways, then thinly slice.

In a medium bowl, mix together the **coleslaw mix**, **baby gem**, a squeeze of **lime juice**, the **sugar for the dressing** (see pantry for amount), **half the lime zest** and a **third of the mayonnaise**. Season with **salt** and **pepper**.

Set your **slaw** aside for later.

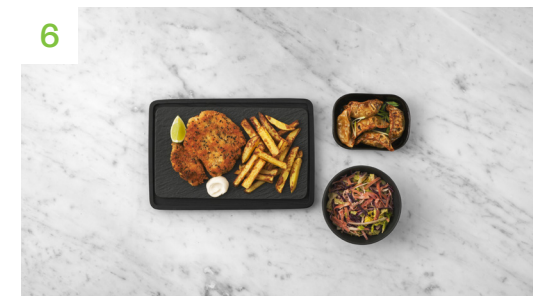


Bake the Gyozas

Pop the **gyozas** onto a baking tray and drizzle with **oil**. Toss to coat.

Bake on the middle shelf of your oven until golden, 15-18 mins. Turn halfway through.

While the **gyozas** bake, pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.**



Serve Up

When everything's ready, add the **teriyaki sauce** to the **gyoza** baking tray and turn the **gyozas** to glaze them. Add a squeeze of **lime juice**.

Share your **fried chicken** between your plates and serve with your **chips** and **coleslaw** alongside.

Serve with any remaining **lime wedges** for squeezing over and a dollop of the remaining **mayonnaise**.

On a separate side plate, serve your **teriyaki gyoza** and scatter over the **spring onion** to finish.

Enjoy!