



Crispy Japanese Style Fried Chicken

with Sesame Wedges, Stir-Fried Vegetables and Sriracha Mayo

34

Street Food 40-50 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Roasted White Sesame Seeds



Panko Breadcrumbs



Ground Ginger



Soy Sauce



Chicken Thigh



Mayonnaise



Sriracha



Sliced Mushrooms



Tenderstem® Broccoli



Garlic Clove

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, whisk, frying pan, garlic press and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Panko Breadcrumbs 13)	75g	100g	150g
Ground Ginger	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	12ml	18ml	25ml
Chicken Thigh**	4	6	8
Mayonnaise 8) 9)	64g	96g	128g
Sriracha	15g	30g	30g
Sliced Mushrooms**	80g	120g	180g
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	1	2	2
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	660g 3670 / 877	100g 556 / 133
Fat (g)	40.6	6.2
Sat. Fat (g)	9.6	1.5
Carbohydrate (g)	75.1	11.4
Sugars (g)	6.3	1.0
Protein (g)	60.1	9.1
Salt (g)	3.72	0.6

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

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, milk, egg, mustard, celery, soya, 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.

Contact

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Bake the Sesame Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds**.

Toss to coat, then spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Bring on the Sriracha Mayo

While the **chicken** bakes, mix together the **mayonnaise** and **sriracha** in a small bowl (keep some **mayo** aside if anyone doesn't want **spicy mayo**). Season with **salt** and **pepper**, then set aside.

Peel and grate the **garlic** (or use a garlic press).



Mix the Spicy Coating

Crack the **egg** (see pantry for amount) into a bowl and whisk with the **ground ginger** and **soy sauce**. Cut each **chicken thigh** into 3-4 pieces.

Put the **panko breadcrumbs** into another bowl and season with **salt** (see pantry for amount) and **pepper**.

Season the **chicken**, then dip 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.



Stir-Fry the Veg

Discard the **oil** from the chicken pan and wipe it clean. Pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms** and **Tenderstem® broccoli**. Season with **salt** and **pepper** and stir-fry until starting to brown, 2-3 mins.

Add the **garlic** and stir-fry for 1 min more, then add a splash of **water** and cover with a lid (or some foil).

Cook until the **broccoli** is tender, 3-4 mins.



Fry the Chicken

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.

Once the **oil** is hot, carefully lay the **chicken** in the pan and fry until golden, 4-5 mins. Turn every 1-2 mins and adjust the heat if needed.

Transfer to another baking tray (keep the pan) and bake on the middle shelf until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

When ready, share the **fried chicken**, **sesame wedges** and **stir-fried vegetables** between your plates.

Serve with the **sriracha mayo** for dipping.

Enjoy!