



Thai Style Spiced Fried Chicken with Sticky Prawn Salad and Sesame Wedges

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Street Food 35-40 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Lime



Mint



Roasted White Sesame Seeds



Panko Breadcrumbs



Thai Style Spice Blend



Chicken Thighs



King Prawns



Red Thai Style Paste



Honey



Coleslaw Mix

Pantry Items

Oil, Salt, Pepper, Egg, Olive Oil, Mayonnaise

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lime**	1	1	1
Mint**	1 bunch	1 bunch	1 bunch
Roasted White Sesame Seeds 3)	5g	7g	10g
Panko Breadcrumbs 13)	50g	75g	100g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Chicken Thighs**	4	6	8
King Prawns** 5)	150g	225g	300g
Red Thai Style Paste	50g	75g	100g
Honey	15g	22g	30g
Coleslaw Mix**	120g	180g	240g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	716g 4243/1014	100g 593/142
Fat (g)	50.2	7.0
Sat. Fat (g)	10.6	1.5
Carbohydrate (g)	81.5	11.4
Sugars (g)	13.9	1.9
Protein (g)	66.7	9.3
Salt (g)	3.62	0.51

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

Allergens

3) Sesame **5)** Crustaceans **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, 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.


Contact

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Roast 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). Cut the **lime** into wedges. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bring on the Prawns

While the **chicken** bakes, drain the **prawns**.

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

Once hot, add the **prawns**, **red Thai style paste** and **honey**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Season with **salt** and **pepper**, then stir-fry for 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw prawns.**



Bread the Chicken

Meanwhile, crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** into another medium bowl, add the **Thai style spice blend**, then season with **pepper** and the **salt for the breadcrumbs** (see pantry for amount).

Season the **chicken**, then dip it 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.**



Mix your Salad

Once cooked, remove the pan from the heat.

Transfer the **prawns** and **sauce** to a medium bowl. **IMPORTANT: The prawns cooked when pink on the outside and opaque in the middle.**

Pour the **olive oil for the dressing** (see pantry for amount) into the bowl of **prawns**.

Add a squeeze of **lime juice**, the **chopped mint** and **coleslaw mix**. Stir to combine, then set aside.



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to 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 hot, carefully lay the **chicken** into the pan and fry until golden-brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf of your oven until cooked through, 8-11 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Serve Up

When everything's ready, plate up your **fried chicken** with the **prawn salad** and **sesame wedges** alongside.

Serve with the **lime wedges** and **mayo** (see pantry for amount) on the side.

Enjoy!