



Sesame Chicken Schnitzel and Fries

with Gochujang Butter Sauce and Sweet Chilli Slaw

Limited Edition 35-40 Minutes • Medium Spice

5



Potatoes



Breadcrumbs



Black Sesame Seeds



Chicken Breasts



Gochujang Paste



Honey



Coleslaw Mix



Mayonnaise



Sweet Chilli Sauce

Pantry Items

Oil, Salt, Pepper, Egg, Butter

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, bowl, baking paper, rolling pin, frying pan and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-------|-------|-------|
| Potatoes | 450g | 700g | 900g |
| Breadcrumbs 13) | 50g | 75g | 100g |
| Black Sesame Seeds 3) | 5g | 7g | 10g |
| Chicken Breasts** | 2 | 3 | 4 |
| Gochujang Paste 11) | 50g | 60g | 100g |
| Honey | 15g | 22g | 30g |
| Coleslaw Mix** | 120g | 240g | 240g |
| Mayonnaise 8) 9) | 32g | 48g | 64g |
| Sweet Chilli Sauce | 48g | 80g | 96g |
| Pantry | 2P | 3P | 4P |
| Egg* | 1 | 1 | 2 |
| Salt for the Breadcrumbs* | ¼ tsp | ¼ tsp | ½ tsp |
| Butter* | 30g | 45g | 60g |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 615g | 100g |
| Energy (kJ/kcal) | 3305/790 | 538/128 |
| Fat (g) | 25.0 | 4.1 |
| Sat. Fat (g) | 10.2 | 1.7 |
| Carbohydrate (g) | 94.7 | 15.4 |
| Sugars (g) | 27.7 | 4.5 |
| Protein (g) | 51.4 | 8.4 |
| Salt (g) | 4.04 | 0.66 |

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, 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.

Contact

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Eyes on the Fries

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

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

Pop the **fries** 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, 25-30 mins. Turn halfway through.



Cook your Schnitzel

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, 8-10 mins. Discard the **oil** from the **chicken** pan.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Oh Crumbs

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

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



Gochujang Butter Time

While everything's in the oven, pop a small saucepan on medium heat (no oil).

Add the **gochujang paste**, **honey** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.

Once thickened, vigorously stir in the **butter** until melted (see pantry for amount), simmer for 1 more min, then remove from the heat.

In a medium bowl, combine the **coleslaw**, **mayo** and **sweet chilli**. Season with **salt** and **pepper**, then set aside.



Bread the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop on a board, then give them a bash with a rolling pin or the bottom of a saucepan until they're 1-2 cm thick. Season with **salt** and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring they're 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.



Slice and Serve

When everything's ready, thinly slice the **schnitzel** and transfer to your plates.

Drizzle over the **gochujang butter sauce** (stir well to combine again and reheat if needed).

Serve the **sweet chilli slaw** and **fries** alongside.

Enjoy!