



# Crispy Breaded Chicken and Sesame Wedges with Garlicky Green Beans and Mirin Mayo Dipping Sauce

Classic 30-35 Minutes • Mild Spice

5



Potatoes



Roasted White Sesame Seeds



Green Beans



Garlic Clove



Chicken Fillet



Panko Breadcrumbs



Mayonnaise



Mirin



Soy Sauce

**Pantry Items**  
Egg, Sugar

## Before you start

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

## Cooking tools

Baking tray, garlic press, baking paper, cling film, bowl, whisk, frying pan and kitchen paper.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds <b>3</b>	5g	10g	10g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Chicken Fillet**	2	3	4
Egg*	1	2	2
Panko Breadcrumbs <b>13</b>	25g	35g	50g
Mayonnaise <b>8</b> <b>9</b>	2 sachets	3 sachets	4 sachets
Mirin	1 sachet	1½ sachets	2 sachets
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>559g</b>	<b>100g</b>
Energy (kJ/kcal)	2467/590	442/106
Fat (g)	16.1	2.9
Sat. Fat (g)	2.5	0.5
Carbohydrate (g)	61.8	11.1
Sugars (g)	10.3	1.8
Protein (g)	51.2	9.2
Salt (g)	2.32	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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## Make 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 them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds** and toss to coat.

**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.

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



## Mix the Dipping Sauce

While the **chicken** cooks, combine the **mayo**, **mirin** and **soy sauce** in a small bowl. Add the **sugar** (see ingredients for amount) and mix together with a fork until well combined.

Set your **mirin mayo** aside for serving.



## Bread your Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2 cm thick.

Crack the **egg** (see ingredients for amount) into a medium bowl and whisk. Put the **panko breadcrumbs** into another bowl, then season with **salt** 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.



## Bring on the Beans

Once the **chicken** is cooked, transfer to a clean plate lined with kitchen paper. Discard all but **1 tbsp oil** from the pan and pop back on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



## Get Frying

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 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.



## Serve

When everything is ready, serve the **breaded chicken** on plates with the **wedges** and **garlicky beans** alongside.

Serve the **mirin mayo** alongside in a small bowl for dipping.

## Enjoy!