



# Crispy Japanese Style Fried Chicken

with Sesame Wedges, Stir Fried Vegetables and Sesame Mayo

**STREET FOOD** 35 Minutes

N° 18



Potatoes



Sesame Seeds



Panko Breadcrumbs



Cornflour



Ground Ginger



Soy Sauce



Chicken Thighs



Mayonnaise



Shiitake Mushrooms



Ginger



Sugar Snap Peas



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Panko Breadcrumbs 13)	50g	75g	100g
Cornflour	50g	70g	100g
Ground Ginger	1 pot	1½ pots	2 pots
Water*	50ml	75ml	100ml
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Chicken Thighs**	4	6	8
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Shiitake Mushrooms**	1 punnet	2 punnets	2 punnets
Ginger**	½ piece	¾ piece	1 piece
Sugar Snap Peas**	1 pack	1 pack	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	614g	100g
Energy (kJ/kcal)	3895 / 931	635 / 152
Fat (g)	39	6
Sat. Fat (g)	6	1
Carbohydrate (g)	86	14
Sugars (g)	5	1
Protein (g)	62	10
Salt (g)	2.49	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Bake Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the wedges on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over **half** of the **sesame seeds**, toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



## 4. Finish the Prep

Meanwhile, heat another large frying pan over medium heat (no oil!), add the remaining **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Pop into a small bowl but don't wash up the pan! Add the **mayonnaise**, season with **salt** and **pepper** and mix together. Set aside. Halve the **shiitake mushrooms** (quarter any larger ones). Peel and grate the **fresh ginger**.



## 2. Prep Time

Pop the **panko breadcrumbs** in a large bowl and season with **salt** and **pepper**. Mix together. Pop the **cornflour** and **ground ginger** in another large bowl and add the **water** (see ingredients for amount). Add **half** the **soy sauce**. Season with **salt** and **pepper** and whisk with a fork until well combined. Cut each **chicken thigh** into 4 pieces. Heat approx 2cm of oil in a high sided frying pan on high heat. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.



## 5. Stir Fry

About 5 mins before the **potatoes** and **chicken** are ready, heat the frying pan with a drizzle of **oil** over medium high heat. Once hot, add the **mushrooms** and **sugar snap peas** and stir fry until starting to brown, 2-3 mins. Add the **ginger** and stir fry for a further 30 seconds then add the **soy sauce** and a splash of **water**. Cover with a lid (or some foil) and cook until the **sugarsnaps** are tender, 1-2 mins.



## 3. Fry the Chicken

While the **oil** gets hot, dip one piece of **chicken** in the **cornflour mixture** so it's completely covered on both sides. Then dip it in the **breadcrumbs** to coat on both sides in the **crumbs**. Pop on a plate and repeat with the other **chicken pieces**. Once the **oil** is hot, carefully lay the **chicken pieces** in the pan and fry until golden brown on each side and cooked through, 12-15 mins in total, turn with tongs every 3-4 mins. **IMPORTANT:** Wash your hands after handling raw meat.



## 6. Serve

Once cooked, remove the **chicken** to a plate covered in kitchen roll. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Divide the **chicken**, **wedges** and **stir fried vegetables** between plates with the **sesame mayo** on the side.

## Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.