



Crispy Japanese Style Fried Chicken

with Sesame Wedges, Stir-Fried Vegetables and Sriracha Mayo

Street Food 35 Minutes • Little Spice • 1 of your 5 a day

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Potatoes



Sesame Seeds



Panko Breadcrumbs



Cornflour



Ground Ginger



Soy Sauce



Chicken Thighs



Mayonnaise



Sriracha Sauce



Shiitake Mushrooms



Tenderstem® Broccoli



Garlic Clove

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Whisk, Frying Pan with Lid, Garlic Press, Kitchen Roll.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Sesame Seeds 3)	15g	15g	15g
Panko Breadcrumbs 13)	25g	50g	50g
Cornflour	50g	70g	100g
Ground Ginger	1 sachet	1 sachet	2 sachets
Water*	50ml	75ml	100ml
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Chicken Thighs**	4	6	8
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sriracha Sauce	1 sachet	2 sachets	2 sachets
Shiitake Mushrooms**	50g	100g	100g
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	599g	100g
Energy (kJ/kcal)	3406/814	568/136
Fat (g)	36	6
Sat. Fat (g)	9	1
Carbohydrate (g)	78	13
Sugars (g)	5	1
Protein (g)	46	8
Salt (g)	1.91	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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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. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **sesame seeds**, toss to coat, then spread out in a single layer 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.**



Finish the Prep

Meanwhile, in a small bowl add the **mayonnaise** and **sriracha** (keep some **mayo** separate if anyone doesn't want spicy mayo). Season with **salt** and **pepper** and mix together. Set aside. Halve the **shiitake mushrooms** (quarter any larger ones). Peel and grate the **garlic** (or use a garlic press).



Prep Time

Meanwhile, 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 the **soy sauce** (see ingredients for amount you need). Season with **salt** and **pepper** and whisk with a fork until well combined. Cut each **chicken thigh** into 4 pieces. Pop a high-sided 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.**



Stir-Fry

Pop your frying pan on medium-high heat and add 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 minute. Add a splash of **water**, cover with a lid (or some foil) and cook until the **broccoli** is tender, 3-4 mins.



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, 4-5 mins each side. Transfer to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT: Wash your hands after handling raw meat.**



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 and serve with the **sriracha 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.