



Crispy Japanese Style Fried Chicken

with Sesame Wedges, Garlic Tenderstem® and Sriracha Mayo

34

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Roasted White Sesame Seeds



Panko Breadcrumbs



Cornflour



Ground Ginger



Soy Sauce



Chicken Thigh



Mayonnaise



Sriracha



Sliced Mushrooms



Tenderstem® Broccoli



Garlic Clove

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, bowl, frying pan, garlic press, lid, aluminium foil and kitchen paper.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Roasted White Sesame Seeds 3) | 14g | 14g | 14g |
| Panko Breadcrumbs 13) | 50g | 75g | 100g |
| Cornflour | 50g | 70g | 100g |
| Ground Ginger | 1 sachet | 1 sachet | 2 sachets |
| Soy Sauce 11) 13) | 12ml | 18ml | 25ml |
| Water for the Crumb* | 50ml | 75ml | 100ml |
| Chicken Thigh** | 4 | 6 | 8 |
| Mayonnaise 8) 9) | 2 sachets | 3 sachets | 4 sachets |
| Sriracha | 1 sachet | 2 sachets | 2 sachets |
| Sliced Mushrooms** | 80g | 120g | 180g |
| Tenderstem® Broccoli** | 150g | 200g | 300g |
| Garlic Clove** | 1 | 2 | 2 |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 628g | 100g |
| Energy (kJ/kcal) | 3669 /877 | 584 /140 |
| Fat (g) | 37.7 | 6.0 |
| Sat. Fat (g) | 8.5 | 1.4 |
| Carbohydrate (g) | 87.7 | 14 |
| Sugars (g) | 6.1 | 1.0 |
| Protein (g) | 48.2 | 7.7 |
| Salt (g) | 2.34 | 0.37 |

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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Bake your 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 onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Make the Sriracha Mayo

While the **chicken** bakes, mix together the **mayonnaise** and **sriracha** in a small bowl (keep some **mayo** aside if anyone doesn't want **spicy mayo**). Season with **salt** and **pepper** and mix together. Set aside.

Peel and grate the **garlic** (or use a garlic press).



Prep Time

Meanwhile, pop the **breadcrumbs** in a medium bowl and season with **salt** and **pepper**.

In another medium bowl, mix the **cornflour**, **ground ginger**, **soy sauce** and **water for the crumb** (see ingredients for both amounts), until combined.

Cut each **chicken thigh** into 3-4 pieces.

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.



Stir-Fry the Veg

Clean out the (now empty) frying pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **sliced 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 min more, then add a splash of **water** and cover with a lid (or some foil).

Cook until the **broccoli** is tender, 3-4 mins.



Cook the Chicken

Meanwhile, dip the **chicken pieces** into the **cornflour mixture**, then the **breadcrumbs**, ensuring they are completely coated. Then pop onto a plate.

Once the **oil** is hot, carefully lay the **chicken** in the pan and fry until golden, 4-5 mins. Turn every 1-2 mins and adjust the heat if needed.

Transfer to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Serve

Once cooked, transfer the **chicken** to a plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Share the **fried chicken**, **sesame wedges** and **stir-fried vegetables** between your plates.

Finish with a dollop of **sriracha mayo**.

Enjoy!