



Soy Glazed Chicken Thighs

with Sweet Potato Sesame Miso Salad

CLASSIC 30 Minutes • 1.5 of your 5 a day



Sweet Potato



Green Beans



Lime



Sesame Seeds



Miso Paste



Mayonnaise



Soy Sauce



Chicken Thighs



Pea Shoots

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Fine Grater, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Green Beans**	1 small pack	1 large pack	1 large pack
Lime**	½	1	1
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Miso Paste 11)	1 small sachet	1 large sachet	2 small sachets
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Water for the Dressing*	1 tsp	1½ tsp	2 tsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Chicken Thighs**	3	5	6
Sugar for the Soy*	½ tsp	¾ tsp	1 tsp
Pea Shoots**	1 bag	2 bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2759 /660	543 /130
Fat (g)	34	7
Sat. Fat (g)	7	1
Carbohydrate (g)	59	12
Sugars (g)	17	3
Protein (g)	34	7
Salt (g)	3.07	0.61

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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Packed in the UK



1. Roast the Sweet Potato

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel!). Pop the **potato** on a large baking tray in a single layer. Drizzle with **oil**, then season with **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 20-25 mins. Turn halfway through cooking. Once cooked, remove from the heat and set aside to cool.



4. Make the Glaze

Pop your frying pan back on medium high heat with a drizzle of **oil**. Season both sides of the **chicken** with **salt** and **pepper**. Mix the **soy sauce**, **sugar** (see ingredients for amount), **half** the **lime zest** in a small bowl. **IMPORTANT:** Wash your hands after handling raw meat.



2. Finish the Prep

Meanwhile, trim the **green beans** and chop into thirds. Zest and halve the **lime**. Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **green beans** and season with **pepper**. Add a splash of **water** and stir fry until browned and tender, 4-5 mins. Pop in a large bowl and set aside. Pop your pan back on medium high heat.



5. Cook the Chicken

Once the **oil** is hot, lay in the **chicken thighs** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. Spoon the **soy sauce** and **sugar mixture** over the **chicken** in the pan for the last 2 mins of cooking. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, remove to a board to rest for a couple of mins.



3. Make the Dressing

Add the **sesame seeds** to the frying pan (no oil). Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Pop them in a small bowl (don't wash the pan). Add the **miso paste**, **mayonnaise**, **sugar** (see ingredients for amount), a squeeze of **lime juice**, **water** (see ingredients for amount) and **half** the **soy sauce** to the bowl with the **sesame seeds**. Mix together until well combined. Set aside.



6. Finish and Serve

Add the **roasted sweet potato** to the bowl with the **green beans** and add the **dressing**. Toss to coat. Thinly slice the **chicken**. Add the **peashoots** and **chicken** to the **veg** and toss again. Serve the **salad** in bowls, sprinkle over the remaining **lime zest**.

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.