



Crispy Chicken

with Sesame Wedges, Bok Choy and Teriyaki Mayo Dipping Sauce

CLASSIC 30 Minutes

N° 21



Potato



Sesame Seeds



Cornflour



Garlic Salt



Soy Sauce



Bok Choy



Garlic Clove



Chicken Thigh



Mayonnaise



Mirin

Before you start

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

Basic cooking tools you will need:

Large Baking Tray, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 large pot	2 small pots
Cornflour	20g	35g	50g
Water for the Cornflour*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Garlic Salt	1 pot	1½ pots	2 pots
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Bok Choy**	1	1½	2
Garlic Clove**	1	2	2
Chicken Thigh**	4	6	8
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Mirin	1 sachet	1½ sachets	2 sachets
Sugar for the Mayo*	1 tsp	1½ tsp	2 tsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	547g	100g
Energy (kJ/kcal)	3289 / 786	601 / 144
Fat (g)	38	7
Sat. Fat (g)	6	1
Carbohydrate (g)	54	10
Sugars (g)	2	1
Protein (g)	57	10
Salt (g)	3.42	0.63

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 1cm wide wedges (no need to peel). Pop them on a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**. Sprinkle over the **sesame seeds** and toss to coat. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



2. Finish the Prep

Pop the **cornflour** in a large bowl with the **water** and **sugar** (see ingredients for both amounts), **garlic salt** and **half the soy sauce**. Mix with a fork until completely combined. Remove the root from the **bok choy** and halve lengthways. Cut each half into 4 long pieces lengthways. Peel and grate the **garlic** (or use a garlic press).



3. Cook the Chicken

Heat enough **oil** in a large frying pan on medium high heat to completely cover the bottom. While the **oil** heats up, add the **chicken thighs** to the bowl with the **cornflour batter** and turn to coat in the **mixture**. **IMPORTANT: Wash your hands after handling raw chicken**. Once the **oil** is hot, lay them in the pan in a single layer. Fry until golden and crisp on both sides, 10-12 mins total. Turn every 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle**.



4. Make the Mayo

While the chicken cooks, pop the **mayo** in a small bowl and add the **mirin** and remaining **soy sauce**. Add the **sugar** (see ingredient list for amount) and mix together with a fork until well combined to a smooth **liquid**. Set aside.



5. Fry the Bok Choy

Once the **chicken** is cooked, remove it to a plate covered in kitchen roll. Discard all but 1 tbsp of **oil** from the pan and pop the pan back on medium high heat. Add the **bok choy** and season with **salt** and **pepper**. Add a splash of **water** and fry the **bok choy** until softened, 3-4 mins. Once softened, add the **garlic**, stir together and cook for 1 more minute. Remove the pan from the heat.



6. Finish and Serve

Serve the **chicken** on plates with the **wedges** and **garlicky bok choy** alongside. Serve the **teriyaki mayo** alongside in a little bowl for dipping your **chips** into.

Enjoy!