



# Crispy Crumbed Chicken and Sesame Wedges

with garlicky green beans and mayo

Calorie Smart 35 – 40 mins • Egg(s) not included

16



Chicken Breast



Potatoes



Green Beans



Mayo



Soy Sauce



Sesame Seeds



Garlic



Red Wine Vinegar



Breadcrumbs

Pantry Items: Sugar, Egg, Salt, Pepper, Oil



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, plastic wrap

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	600 g	1200 g
Green Beans	150 g	300 g
Mayo	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Sesame Seeds	½ sachet	1 sachet
Garlic	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>581.3 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2418.4 kJ/ 578 kcal	416 kJ/ 99.4 kcal
Fat (g)	14.5 g	2.5 g
Sat. Fat (g)	2.5 g	0.4 g
Carbohydrate (g)	69.6 g	12 g
Sugars (g)	6.1 g	1 g
Protein (g)	44.7 g	7.7 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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## Make the Sesame Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (no need to peel).
- Pop them onto a large (lined) baking tray.
- Drizzle with **oil** then season with **salt** and **pepper**. Sprinkle over **half** the **sesame seeds** (double for 4p). Toss to coat.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



## Mix the Sauce

- While the **chicken** cooks, combine the **mayo**, **vinegar** and **soy sauce** in a small bowl.
- Add 1 tbsp **sugar** (double for 4p) and mix together with a fork until well combined.



## Bread Your Chicken

- Place **chicken** between two pieces of cling film.
- Bash with the bottom of a pan until 1-2 cm thick.
- Beat one **egg** (double for 4p) in a bowl.
- Add the **breadcrumbs** to another bowl. Season with **salt** and **pepper**.
- Dip **chicken** in **egg**, then **breadcrumbs**. Ensure it's well coated. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

**TIP:** Notice a stronger smell from your chicken? Don't worry! This is normal due to packaging used to keep it fresh.



## Cook the Green Beans

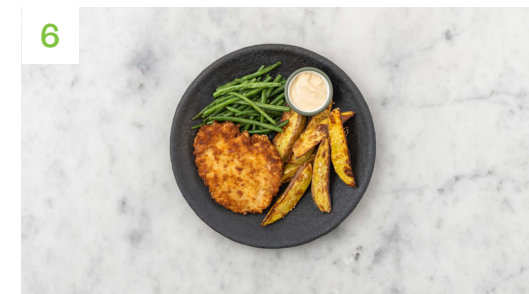
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Discard excess **oil** from pan and return to medium-high heat.
- Once hot, fry the **green beans** until starting to char, 2-3 mins. Stir in the **garlic**, lower heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.



## Time to Fry

- Place a large pan over high heat with enough **oil** to coat the bottom.
- Once hot, lay the **chicken** into the pan and reduce the heat to medium-high.
- Fry until golden brown and cooked through, 8-10 mins total.
- Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once done, transfer to a clean plate lined with kitchen paper.

**TIP:** Heat the oil for 2-3 mins before adding the chicken.



## Finish and Serve

- When everything is ready, serve the **chicken** on plates with the sesame wedges and garlicky **green beans**.
- Serve the **mayo** alongside for dipping.

**Enjoy!**