



HELLO  
FRESH

# Seared Chicken & Vietnamese Style Hispi Cabbage

with Spiced Sweet Potato, Lime, Soy and Sesame Seeds

High Protein

Preparation time : 30 min.



Sweet Potato



Indonesian

Style Spice Mix



British Chicken  
Breasts



Sweetheart

Cabbage



Lime



Soy Sauce



Vegan Fish  
Sauce



Honey



Ketjap Manis



Roasted White  
Sesame Seeds



Mayonnaise



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/seared-chicken-vietnamese-style-hispi-cabbage-598>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan, Aluminum Foil

Ingredients for 1-6 people

| Ingredient                             | 2p | 3p | 4p |
|----------------------------------------|----|----|----|
| Sweet Potato (unit(s))                 | 2  | 3  | 4  |
| Indonesian Style Spice Mix (sachet(s)) | 1  | 1  | 2  |
| British Chicken Breasts (unit(s))      | 2  | 3  | 4  |
| Sweetheart Cabbage (unit(s))           | 1  | 1½ | 2  |
| Lime (unit(s))                         | ½  | ¾  | 1  |
| Soy Sauce (milliliter(s))              | 20 | 30 | 40 |
| Vegan Fish Sauce (grams)               | 5  | 7½ | 10 |
| Honey (grams)                          | 30 | 45 | 60 |
| Ketjap Manis (grams)                   | 20 | 30 | 40 |
| Roasted White Sesame Seeds (grams)     | 5  | 7½ | 10 |
| Mayonnaise (tbsp)                      | 1  | 1½ | 2  |

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kJ)        | 2702 kJ  |
| Energy (kcal)      | 646 kcal |
| Fat                | 14.3 g   |
| of which saturates | 1.4 g    |
| Carbohydrate       | 84.8 g   |
| of which sugars    | 43.6 g   |
| Dietary Fibre      | 18.6 g   |
| Protein            | 47.6 g   |
| Salt               | 3.03 g   |

Allergens

Wheat, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Peanut, Walnuts, Sesame, Nuts

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Slice the **sweet potatoes** into 1cm thick rounds (no need to peel).  
Put the **sweet potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **Indonesian style spice mix**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.  
When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Get Frying

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.  
Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Roast the Hispi

Meanwhile, trim the **hispi cabbage**, then cut lengthways into 4cm wedges.  
Transfer to a baking tray and drizzle with **oil**. Season with **salt** and **pepper**.  
Roast on the middle shelf until charred, 18-20 mins. Turn halfway through.  
Once browned, lay the **chicken** onto the other side of the **sweet potato** baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Add the Flavour

While everything's roasting, cut the **lime** into wedges.  
In a small bowl, add a good squeeze of **lime juice**, **honey**, **soy sauce** and the **vegan fish sauce**. Mix together. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.  
When the **cabbage** has 5 mins remaining, spoon over **half** the **dressing**. Return to the oven to glaze, 5 mins.



Final Touches

Once the **chicken** is cooked, remove to a plate and drizzle over the **ketjap**. Turn to coat both sides of the **chicken**, then cover with another plate or foil to rest.  
Once rested, slice the **chicken** widthways into 1cm thick slices.  
Once the **cabbage** is cooked, spoon over the remaining **dressing** to coat the **cabbage**.



Serve

Share the **chicken** between your serving plates. Serve the **spiced sweet potato rounds** and **dressed cabbage** alongside.  
Sprinkle over the **sesame seeds** and serve with **mayo** (see pantry for amount) for dipping.  
Serve with any remaining **lime wedges** for squeezing over.

Enjoy your meal!