



Asian-Style Crumbed Chicken Salad

with Creamy Japanese Dressing

Grab your Meal Kit with this symbol



Garlic Aioli



Panko Breadcrumbs



Chicken Breast Strips



Cucumber



Japanese Dressing



Asian Slaw Mix



Baby Spinach Leaves

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early

There's nothing quite like the golden crust of a good old-fashioned crumbed chicken to cheer you up – that's just simple science. And as for condiments? We think the delish and creamy Japanese dressing might just make for the ultimate finishing touch in this speedy lunch delight.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	1 meal kit	2 meal kits
olive oil*	refer to method	refer to method
garlic aioli	1 large packet	2 large packets
panko breadcrumbs	1 large packet	2 large packets
chicken breast strips	1 packet	2 packets
cucumber	1 (medium)	2 (medium)
Japanese dressing	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
Asian slaw mix	1 bag (150g)	2 bags (300g)
baby spinach leaves	1 small bag	2 small bags

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	1917kJ (458Cal)	521kJ (125Cal)
Protein (g)	33.3g	9g
Fat, total (g)	21.5g	5.8g
- saturated (g)	2.1g	0.6g
Carbohydrate (g)	30.9g	8.4g
- sugars (g)	11.3g	3.1g
Sodium (mg)	731mg	199mg

The quantities provided above are averages only.

*1 meal kit makes 2 servings.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Crumb the chicken

- To a shallow bowl, add half the **garlic aioli**. To a second shallow bowl, add **panko breadcrumbs**.
- Coat **chicken breast strips** in the **aioli**, then **panko breadcrumbs**. Set aside on a plate.



Make the dressing

- Meanwhile, thinly slice **cucumber** into half-moons.
- Divide **Japanese dressing**, the **soy sauce**, **sesame oil** and remaining **garlic aioli** between two containers. Stir to combine.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **crumbed chicken** until golden and cooked through, **3-4 minutes** each side.
- Transfer to paper towel-lined plate, season and roughly chop.

TIP: Ensure oil is hot before the chicken is added for best results!

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide **Asian slaw mix**, **baby spinach leaves** and cucumber between the containers with the dressing. Top with chicken. Refrigerate.
- When you're ready to serve lunch, toss Asian-style crumbed chicken salad to combine. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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