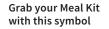


# Thai-Style Chicken & Creamy Slaw with Sweet Chilli Sauce & Coriander

**DIETITIAN APPROVED** 



























Garlic Aioli



**Shredded Cabbage** 



Sweet Chilli





Coriander



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



When it gets 'chilli' out, it's a good idea to have an extra layer on you, but how about on tonight's dinner? Let's add layers upon layers of flavour by coating the chicken in our Southeast Asian spices. The slaw joins in by getting wrapped in a sesame ginger dressing. For the finishing touch, dollop over some warming sweet chilli sauce!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

#### **Pantry items**

Olive Oil, Sesame Oil, Soy Sauce, Brown Sugar, Plain Flour

### 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 People
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efer to method
2
L (large)
l
L packet
l large packet
2 tbs
l tbs
l tsp
l sachet
2 packets
2 tbs
l large packet
L <b>bag</b> 300g)
l medium packet
l bag
2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2173kJ (519Cal)	424kJ (101Cal)
Protein (g)	33.6g	6.6g
Fat, total (g)	25.9g	5.1g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	34.5g	6.7g
- sugars (g)	13.6g	2.7g
Sodium (mg)	1002mg	196mg
Dietary Fibre (g)	9.1g	1.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2153kJ (515Cal)	456kJ (109Cal)
Protein (g)	33.5g	7.1g
Fat, total (g)	27.6g	5.8g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	30.2g	6.4g
- sugars (g)	13.6g	2.9g
Sodium (mg)	917mg	194mg
Dietary fibre	9.1g	1.9g

The quantities provided above are averages only.

### **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.

#### We're here to help!

Scan here if you have any questions or concerns

**2023** | CW43



### Get prepped

- Grate the carrot. Thinly slice cucumber into half-moons. Slice lemon into wedges.
- Cut boneless chicken drumsticks into 2cm chunks.



## Cook the chicken

- In a medium bowl, combine chicken, Southeast Asian spice blend, a pinch
  of salt and a drizzle of olive oil.
- Add cornflour and the plain flour and toss chicken to coat.
- Return the frying pan to medium-high heat with enough **olive oil** to cover
  the base.
- When oil is hot, dust off any excess cornflour from chicken and cook, tossing
  occasionally, until browned and cooked through, 6-8 minutes. Transfer to a
  paper towel-lined plate.

Custom Recipe: If you've swapped to beef strips, discard any liquid from beef strips packaging and combine with seasoning and flour as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a paper towel-lined plate.



## Make the dressing

- To a large heatproof bowl, add ginger paste.
- In a large frying pan, heat the sesame oil over high heat until just smoking,
   30 seconds. Remove from heat and carefully pour hot oil over ginger paste.
- Add the soy sauce, brown sugar and a good squeeze of lemon juice. Mix well and set aside.



### Serve up

- Add garlic aioli to the dressing, along with shredded cabbage mix, carrot and cucumber. Toss to coat and season to taste.
- Divide creamy slaw between plates.
- Top with Thai-style chicken and sweet chilli sauce.
- Tear over **coriander** to garnish. Serve with remaining lemon wedges. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate