



# Thai-Style Chicken & Creamy Slaw

with Sweet Chilli Sauce & Coriander

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Cucumber



Lemon



Boneless Chicken Drumsticks



Ginger Paste



Southeast Asian Spice Blend



Cornflour



Garlic Aioli



Shredded Cabbage Mix



Sweet Chilli Sauce



Coriander



Beef Strips

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

Calorie Smart

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
cucumber	1 (medium)	1 (large)
lemon	½	1
boneless chicken drumsticks	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	½ tsp	1 tsp
Southeast Asian spice blend	1 sachet	1 sachet
cornflour	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
garlic aioli	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
sweet chilli sauce	1 small packet	1 medium packet
coriander	1 bag	1 bag
beef strips**	1 small packet	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](https://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



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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