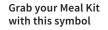


Southeast Asian Chicken Bowl

with Rainbow Slaw & Garlic Aioli

NEW

CLIMATE SUPERSTAR













Baby Spinach











Southeast Asian



Asian Slaw

Spice Blend

Garlic Aioli





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



not Carb Smart

You've probably had your fair share of chicken and slaw, but this one may come out as the best, with crispy Asian-style chicken and a delicious ponzu-dressed slaw. What do you think, is chicken and slaw back on the menu?

Olive Oil, Sesame Oil, Plain Flour, Egg

Pantry items

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

ingi edients			
2 People	4 People		
refer to method	refer to method		
2 cloves	4 cloves		
1	2		
1 medium bag	1 large bag		
1 small packet	2 small packets OR 1 large packet		
1 packet (30g)	1 packet (60g)		
1 tsp	2 tsp		
1/4 cup	½ cup		
½ packet	1 packet		
1/4 tsp	½ tsp		
1 medium sachet	1 large sachet		
1	2		
1 bag (150g)	1 bag (300g)		
1 medium packet	1 large packet		
1 small packet	2 small packets OR 1 large packet		
	2 People refer to method 2 cloves 1 1 medium bag 1 small packet 1 packet (30g) 1 tsp ½ cup ½ packet ½ tsp 1 medium sachet 1 1 bag (150g) 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2165kJ (517Cal)	524kJ (125Cal)
Protein (g)	41.9g	10.2g
Fat, total (g)	21.3g	5.2g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	38.1g	9.2g
- sugars (g)	16.9g	4.1g
Sodium (mg)	977mg	237mg
Dietary Fibre (g)	7.9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	508kJ (121Cal)
Protein (g)	75g	13.1g
Fat, total (g)	26.6g	4.6g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	38.9g	6.8g
- sugars (g)	16.9g	3g
Sodium (mg)	1076mg	188mg

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 | CW50



Get prepped

- Finely chop garlic. Thinly slice pear into sticks.
 Roughly chop baby spinach leaves.
- Cut chicken breast into 2cm-thick strips.

Custom Recipe: If you've doubled your chicken breast, prep in the same way as above.



Make the dressing

- In a large frying pan, heat a generous drizzle of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes. Transfer to a large bowl.
- To the **garlic oil**, add **ponzu sauce** and the **sesame oil**. Stir to combine and set aside.



Prep the chicken

- In a medium bowl, combine the plain flour, half the cornflour (see ingredients) and the salt.
- In a second medium bowl, whisk Southeast Asian spice blend and the egg until smooth.
- Coat **chicken** first in the **egg mixture**, then in the **flour mixture**. Set aside on a plate.



Cook the chicken

 Return the frying pan to medium-high heat with enough olive oil to coat the base. Cook chicken until browned and cooked through, 3-4 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: Cook in batches for the best result.



Toss the slaw

 Meanwhile, add Asian slaw mix to the ponzu dressing, along with baby spinach and pear.
 Toss to combine and season to taste.



Serve up

- · Divide rainbow slaw between bowls.
- Top with Southeast Asian chicken.
- Drizzle over garlic aioli to serve. Enjoy!



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