



# Southeast Asian Chicken Bowl

with Rainbow Slaw & Garlic Aioli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Pear



Baby Spinach Leaves



Chicken Breast



Ponzu Sauce



Cornflour



Southeast Asian Spice Blend



Asian Slaw Mix



Garlic Aioli



Chicken Breast

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



Carb Smart\*

\*Custom Recipe is not Carb Smart



Eat Me Early

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?

**CUSTOM RECIPE**

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

### Pantry items

Olive Oil, Sesame Oil, Plain Flour, Egg

## 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
garlic	2 cloves	4 cloves
pear	1	2
baby spinach leaves	1 medium bag	1 large bag
chicken breast	1 small packet	2 small packets OR 1 large packet
ponzu sauce	1 packet (30g)	1 packet (60g)
<b>sesame oil*</b>	1 tsp	2 tsp
<b>plain flour*</b>	¼ cup	½ cup
cornflour	½ packet	1 packet
<b>salt*</b>	¼ tsp	½ tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
Asian slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large 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](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

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## 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.



## 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.



## 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.



## 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.



## 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.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)