



Quick Thai-Style Chicken & Creamy Slaw

with Sweet Chilli Sauce & Coriander

SUMMER SALADS

CLIMATE SUPERSTAR

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Carrot



Cucumber



Lemon



Chicken Breast



Ginger Paste



Sweet Soy Seasoning



Garlic Aioli



Shredded Cabbage Mix



Sweet Chilli Sauce



Coriander



Chicken Breast

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



Carb Smart*

*Custom recipe is not Carb Smart and Dietitian Approved



Eat Me Early

When it gets chilly 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

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
olive oil*	refer to method	refer to method
carrot	1	2
cucumber	1 (medium)	1 (large)
lemon	½	1
chicken breast	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sesame oil*	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tsp	1 tsp
sweet soy seasoning	1 sachet	2 sachets
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	½ bag	1 bag
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)	2158kJ (516Cal)	422kJ (101Cal)
Protein (g)	37.5g	7.3g
Fat, total (g)	24g	4.7g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	35.8g	7g
- sugars (g)	19g	3.7g
Sodium (mg)	1392mg	272mg
Dietary Fibre	10.7g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2807kJ (671Cal)	417kJ (100Cal)
Protein (g)	74.5g	11.1g
Fat, total (g)	24.7g	3.7g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	37g	5.5g
- sugars (g)	19.3g	2.9g
Sodium (mg)	1537mg	228mg

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



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Get prepped

- Grate **carrot**. Thinly slice **cucumber** into half-moons. Slice **lemon** into wedges.
- Cut **chicken breast** into 2cm chunks.



Cook the chicken

- In a medium bowl, combine **chicken**, **sweet soy seasoning**, a pinch of **salt** and a drizzle of **olive oil**.
- Return the frying pan to medium-high heat with enough **olive oil** to cover the base. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

Custom Recipe: If you've doubled your chicken breast, prep chicken in a large bowl. Cook chicken in batches for the best results.



Make the dressing

- To a large heatproof bowl, add **ginger paste**.
- In a large frying pan, heat **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** (see ingredients) to garnish. Serve with remaining lemon wedges. Enjoy!

Rate your recipe

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