



# Sweet-Soy Chicken & Chilli Jam Glaze

with Carrot Salad & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Baby Leaves



Mayonnaise



Sesame Dressing



Diced Chicken



Seasoning Blend



Sweet Chilli Sauce



Shredded Cabbage Mix

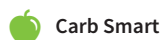


Crispy Shallots



Chicken Breast

Prep in: 10-20 mins  
Ready in: 15-25 mins



Carb Smart

This classic seasoning blend combines goes nicely with succulent chicken and paired with a sweet chilli sauce makes a perfect match! Rest it on a cushy pillow of carrot salad to serve.

Eat Me Early

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

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

## 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
baby leaves	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
sesame dressing	½ medium packet	1 medium packet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
seasoning blend	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>water*</b>	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1947kJ (465Cal)	479kJ (114Cal)
Protein (g)	37.3g	9.2g
Fat, total (g)	20.6g	5.1g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	31.9g	7.9g
- sugars (g)	22.6g	5.6g
Sodium (mg)	1177mg	290mg
Dietary Fibre (g)	8.7g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2061kJ (492Cal)	475kJ (113Cal)
Protein (g)	42.8g	9.9g
Fat, total (g)	21.5g	5g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	32.2g	7.4g
- sugars (g)	21.9g	5g
Sodium (mg)	1251mg	288mg
Dietary fibre (g)	8.7g	2.1g

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



2024 | CW16

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## Get prepped

- Grate **carrot**. Roughly chop **baby leaves**.
- In a large bowl, combine **mayonnaise** and **sesame dressing** (see **ingredients**). Season with **salt** and **pepper**. Set aside.
- In a medium bowl, combine **diced chicken**, **seasoning blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour chicken as above.

3



## Toss the salad

- Meanwhile, add **shredded cabbage mix** to the **sesame mayo**, along with **carrot**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Toss to combine.
- Season to taste.

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add **sweet chilli sauce**, the **soy sauce** and the **water**, tossing to coat.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Heat frying pan over medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-5 minutes each side.

4



## Serve up

- Divide salad between bowls.
- Top with sweet soy chicken. Spoon over any remaining glaze from the pan.
- Garnish with **crispy shallots** 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)