

# Sweet Chilli Chicken Bites & Rainbow Salad

with Crispy Shallots

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Carrot



Baby Leaves



Mayonnaise



Japanese Dressing



Diced Chicken



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Crispy Shallots



Chicken Breast



Diced Chicken

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



Carb Smart



Eat Me Early



Protein Rich

This classic seasoning blend 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 and add a sprinkle of crispy shallots for some flair!

### Pantry items

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



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
Japanese dressing	½ packet	1 packet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	½ large 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 sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1879kJ (469cal)	469kJ (117cal)
Protein (g)	37.2g	9.3g
Fat, total (g)	20.6g	5.1g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	28.3g	7.1g
- sugars (g)	19.6g	4.9g
Sodium (mg)	847mg	211.2mg
Dietary Fibre (g)	4.7g	1.2g

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.

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## Get prepped

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

3



## Toss the salad

- Meanwhile, add **shredded cabbage mix** to the dressing, 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 (when no longer pink inside), **5-6 minutes**.
- Remove pan from heat, then add **sweet chilli sauce (see ingredients)**, the **soy sauce** and **water**, tossing to coat.

4



## Serve up

- Divide rainbow salad between bowls.
- Top with sweet chilli chicken butes. Spoon over any remaining glaze from the pan.
- Garnish with **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Follow method above.



#### DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

