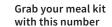


Sweet Chilli Chicken Bites & Rainbow Salad

with Crispy Shallots

CLIMATE SUPERSTAR













Mayonnaise

Japanese Dressing





Diced Chicken





Sweet Chilli

Shredded Cabbage



Crispy Shallots







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

Eat Me Early





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

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

9		
	2 People	4 People
olive oil*	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
soy sauce*	1 tsp	2 tsp
water*	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!









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

