



# Ginger Lemongrass Fried Chicken Salad Bowl

with Mayonnaise, Mint & Crushed Peanuts

NEW

Grab your meal kit with this number

11



Cucumber



Mint



Chicken Breast



Ginger & Lemongrass Paste



Cornflour



Shredded Cabbage Mix



Mixed Salad Leaves



Soy Sauce Mix



Crushed Peanuts



Mayonnaise



Chicken Breast



Peeled Prawns

Prep in: 15-25 mins  
Ready in: 25-35 mins

Protein Rich

Carb Smart

Eat Me Early

This meal really puts the fresh in HelloFresh! Crispy, golden chicken is infused with the gentle warmth of ginger and zingy lemongrass and is paired with a fragrant mint salad, crunchy crushed peanuts and a creamy drizzle of mayonnaise. This superstar dish provides vibrant flavour in every bite.

### Pantry items

Olive Oil, Plain Flour, 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
cucumber	1 (medium)	1 (large)
mint	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
ginger & lemongrass paste	½ medium packet	1 medium packet
cornflour	1 packet	2 packets
<b>plain flour*</b>	2 tbs	4 tbs
shredded cabbage mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
soy sauce mix	½ medium packet	1 medium packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (504cal)	504kJ (125cal)
Protein (g)	41.6g	10.3g
Fat, total (g)	24.4g	6g
- saturated (g)	4.1g	1g
Carbohydrate (g)	22.7g	5.6g
- sugars (g)	5.5g	1.4g
Sodium (mg)	806mg	199.5mg
Dietary Fibre (g)	3.9g	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.

1



## Get prepped

- Slice **cucumber** into half-moons.
- Pick and thinly slice **mint leaves**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **ginger & lemongrass paste (see ingredients), chicken** and a drizzle of **olive oil**.

3



## Toss the salad

- Meanwhile, in a large bowl, combine **cucumber, mint, shredded cabbage mix, mixed salad leaves, soy sauce mix (see ingredients)** and a drizzle of **vinegar** and **olive oil**. Season with **pepper**.

2



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Meanwhile, to the bowl with the chicken, add **cornflour** and the **plain flour** and toss to combine.
- When oil is hot, dust off any excess **flour** from chicken, then cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.

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

4



## Finish & serve

- Divide mint salad between bowls.
- Top with ginger lemongrass fried chicken.
- Garnish with **crushed peanuts**.
- Drizzle over **mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

