



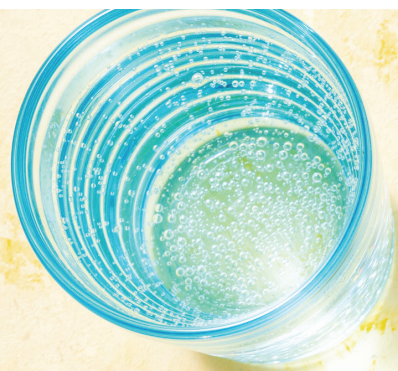
# Asian-Style Chicken & Pineapple Salad with Cashews

**FRESH & FAST**

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2452kJ (586Cal) | Protein 36.2g | Fat, total 30.8g - saturated 6.9g | Carbohydrate 41.3g - sugars 21.6g | Sodium 1928mg  
**Spicy** (optional chilli flakes) | **Calorie Smart** | The quantities provided above are averages only.

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2022 | WK06 | X

# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

|                               | 2P    | 4P    |
|-------------------------------|-------|-------|
| Chicken Breast Strips         | 1 pkt | 1 pkt |
| Fish Sauce & Rice Vinegar Mix | 1 pkt | 1 pkt |

## 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. Chop



Tomato



Cucumber



Pineapple Slices



Chicken Breast Strips



Thai Seven Spice Blend

## 2. Sizzle



Garlic Paste

## 3. Toss



Tamarind Paste



Fish Sauce & Rice Vinegar Mix



Chilli Flakes (Optional)



Mixed Salad Leaves



Crushed Roasted Cashews



Garlic Aioli



Crispy Shallots



Coriander

- Roughly chop **tomato** and **cucumber**
- Drain **pineapple** and roughly chop
- In a bowl, combine **chicken**, **spice blend** and a drizzle of **olive oil**

- Heat a drizzle of **oil** in a frying pan over medium-high heat. Cook **chicken** and **pineapple** tossing, until browned, **6-7 mins**
- Add **garlic paste** tossing, until fragrant, **1 min**

- In a large bowl, combine **tamarind**, **fish sauce mix**, a pinch of **chilli flakes** (if using), a drizzle of **oil** and a splash of **water**. Add **salad leaves**, **tomato**, **cucumber** and **cashews**. Season and toss
- Divide **salad** between plates and top with **chicken** and **pineapple**
- Serve with **aioli**. Garnish with **shallots** and torn **coriander**

