



Asian Fried Chicken & Carrot Noodle Salad

with Ponzu Dressing & Soy Mayo

Grab your Meal Kit with this symbol



Garlic



Herbs



Diced Chicken



Ginger Paste



Chilli Flakes (Optional)



Mayonnaise



Mixed Sesame Seeds



Ponzu Sauce



Cornflour



Carrot Noodles



Salad Leaves



Shredded Cabbage Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Spicy (optional chilli flakes)

Carb Smart

With a sensational combination of textures and sweet and spicy Asian flavours, including our signature ponzu sauce, you won't believe you made this yourself – and in under half an hour too!

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar, Sesame Oil

Before you start

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 will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
diced chicken	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
mixed sesame seeds	1 medium sachet	1 large sachet
ponzu sauce	1 packet (60g)	2 packets (120g)
honey*	1 tsp	2 tsp
rice wine vinegar*	drizzle	drizzle
sesame oil*	drizzle	drizzle
cornflour	½ packet	1 packet
carrot noodles	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
shredded cabbage mix	½ bag (75g)	1 bag (150g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2223kJ (531Cal)	528kJ (126Cal)
Protein (g)	37.9g	9g
Fat, total (g)	28.2g	6.7g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	31g	7.4g
- sugars (g)	14.7g	3.5g
Sodium (mg)	1263mg	300mg
Dietary Fibre (g)	6.9g	1.6g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Get prepped

- Finely chop **garlic**. Roughly chop **herbs**.
- In a medium bowl, combine **diced chicken**, **garlic**, **ginger paste**, a pinch of **chilli flakes** (if using), a generous pinch of **salt** and a drizzle of **olive oil**. Set aside.
- In a small bowl, combine **mayonnaise** and the **soy sauce**.



Cook the chicken

- Return the frying pan to medium-high heat with enough **olive oil** to cover the base.
- To the bowl with chicken, add **cornflour** (see ingredients) and toss to coat.
- When oil is hot, pick up **chicken** with tongs, shaking off any excess cornflour, and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.



Make the sesame dressing

- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a large bowl.
- Add **ponzu sauce**, the **honey**, **rice wine vinegar** and the **sesame oil** to the bowl with **toasted sesame seeds**. Stir well to combine.



Serve up

- Meanwhile, add **carrot noodles**, **salad leaves** and **shredded cabbage mix** (see ingredients) to sesame dressing. Toss to combine.
- Divide carrot noodle salad between bowls. Top with Asian fried chicken.
- Drizzle over soy mayo. Garnish with herbs to serve.

Enjoy!