

Easy Southeast Asian Chicken & Chilli Jam Glaze

with Cabbage Salad & Crispy Shallots

Grab your Meal Kit with this symbol









Carrot



Mayonnaise



Japanese Dressing





Chilli Jam

Mild Laksa Seasoning



Baby Spinach Leaves

Crispy Shallots

Chicken Breast Strips



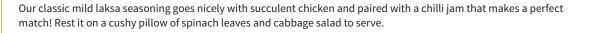
Shredded Cabbage

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

Eat Me Early







Pantry items

Olive Oil, Rice Wine Vinegar

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

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	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	1	2
mayonnaise	1 medium packet	1 large packet
Japanese dressing	½ packet (15g)	1 packet (30g)
chicken breast strips	1 packet	1 packet
mild laksa seasoning	1 medium sachet	1 large sachet
chilli jam	1 medium packet	1 large packet
water*	1/4 cup	½ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2208kJ (528Cal)	525kJ (125Cal)
Protein (g)	33.1g	7.9g
Fat, total (g)	29.8g	7.1g
- saturated (g)	6.2g	1.5g
Carbohydrate (g)	29.3g	7g
- sugars (g)	21g	5g
Sodium (mg)	1284mg	305mg
Dietary Fibre (g)	7.7g	1.8g

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

- Thinly slice celery. Grate the carrot.
- In a large bowl, combine mayonnaise and Japanese dressing (see ingredients). Season with salt and pepper. Set aside.
- In a medium bowl, combine **chicken breast strips**, **mild laksa 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 medium-high heat. Cook **chicken strips** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add chilli jam and the water and toss to coat chicken.



Toss the salad

 Meanwhile, to the bowl with the dressing, add shredded cabbage mix, baby spinach leaves, celery, carrot and a drizzle of rice wine vinegar and olive oil. Toss to combine. Season to taste.



Serve up

- Divide cabbage salad between bowls.
- Top with Southeast Asian chicken. Spoon over any remaining chilli jam glaze from the pan.
- Garnish with **crispy shallots** to serve. Enjoy!

