



# Quick Asian Fried Chicken & Carrot Noodle Salad

with Ponzu Dressing & Soy Mayo

Grab your Meal Kit with this symbol



Garlic



Herbs



Ginger Paste



Chilli Flakes (Optional)



Mayonnaise



Mixed Sesame Seeds



Ponzu Sauce



Cornflour



Carrot Noodles



Baby Spinach Leaves



Diced Chicken



Shredded Cabbage Mix

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



Eat Me Early



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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tsp	2 tsp
mixed sesame seeds	1 sachet	1 sachet
ponzu sauce	1 packet (60g)	2 packets (120g)
<b>honey*</b>	1 tsp	2 tsp
<b>rice wine vinegar*</b>	drizzle	drizzle
<b>sesame oil*</b>	drizzle	drizzle
cornflour	½ packet	1 packet
carrot noodles	1 medium packet	1 large packet
baby spinach 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)	2114kJ (505Cal)	534kJ (128Cal)
Protein (g)	32.3g	8.2g
Fat, total (g)	27.8g	7g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	31g	7.8g
- sugars (g)	14.7g	3.7g
Sodium (mg)	1252mg	316mg
Dietary Fibre (g)	6.9g	1.7g

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.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



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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**. Set aside.

3



## 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 flour, and cook, 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.

2



## Make the ponzu 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.
- To the bowl with **toasted sesame seeds**, add **ponzu sauce**, the **honey**, **rice wine vinegar** and the **sesame oil**. Stir well to combine.

4



## Serve up

- Meanwhile, add **carrot noodles**, **baby spinach leaves** and **shredded cabbage mix** (see ingredients) to ponzu 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!

## Rate your recipe

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