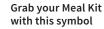
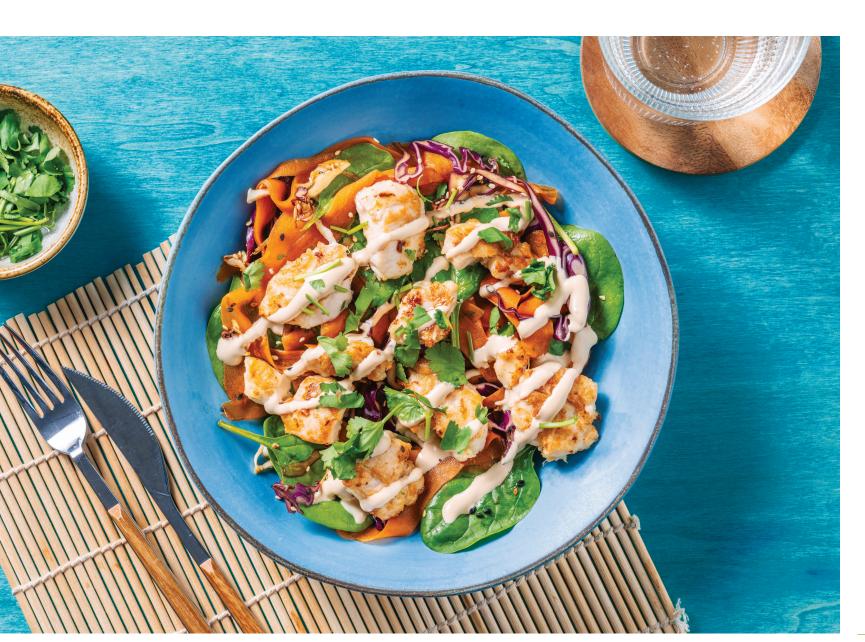


Quick Asian Fried Chicken & Carrot Noodle Salad with Ponzu Dressing & Soy Mayo











Herbs





(Optional)

Ginger Paste







Mixed Sesame

Mayonnaise





Seeds

Ponzu Sauce





Cornflour

Carrot Noodles





Diced Chicken

Shredded Cabbage

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







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.

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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 sachet	1 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
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1/2 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!



Scan here if you have any questions or concerns



