

# Quick Southeast Asian-Style Chicken Salad

with Lime, Pickled Onions & Roasted Peanuts

Grab your Meal Kit with this symbol



Cucumber



Apple



Onion



Carrot



Lime



Herbs



Sweet Chilli Sauce



Mayonnaise



Sriracha



Mixed Leaves



Roasted Peanuts




Pulled Chicken

### 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: **20-30 mins**

 Carb Smart

 Eat Me Early

Colourful and flavourful this Southeast Asian inspired dish has a touch of everything your tastebuds have been craving. A blend of sweet, fresh, chilli and garlic come together to coat the succulent pulled chicken. Drive it home with a spiced soy salad and nutty roasted peanuts sprinkled on top for a true winner of a dinner.

### Pantry items

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

## 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.

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
apple	1	2
onion	1 (medium)	1 (large)
carrot	1	2
lime	½	1
<b>rice wine vinegar*</b>	drizzle	drizzle
herbs	1 bag	1 bag
pulled chicken	1 packet	1 packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
mayonnaise	1 medium packet	1 large packet
<b>sesame oil*</b>	drizzle	drizzle
sriracha	1 packet (20g)	1 packet (40g)
<b>soy sauce*</b>	1 tsp	2 tsp
mixed leaves	1 medium bag	1 large bag
roasted peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1928kJ (461Cal)	403kJ (96Cal)
Protein (g)	29.5g	6.2g
Fat, total (g)	25.2g	5.3g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	27.8g	5.8g
- sugars (g)	18.9g	3.9g
Sodium (mg)	708mg	148mg
Dietary Fibre (g)	9.7g	2g

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.



## Get prepped

- Thinly slice **cucumber** into half-moons. Slice **apple** into thin wedges. Thinly slice **onion**. Grate the **carrot**. Cut **lime** into wedges.
- In small heatproof bowl, combine **onion**, a drizzle of **rice wine vinegar**, a splash of **water** and a good pinch of **sugar** and **salt**.
- Microwave **onion** in **30 seconds** bursts, until just softened. Set aside.



## Toss the salad

- In a large bowl, combine **sriracha**, the **soy sauce**, a generous squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **mixed leaves**, **carrot**, **cucumber** and **apple**. Toss to coat.



## Flavour the chicken

- Tear the **herbs**.
- In a medium bowl, combine **pulled chicken**, **sweet chilli sauce**, **mayonnaise**, **herbs** and a drizzle of **sesame oil**.



## Serve up

- Drain pickled onion.
- Divide salad between bowls and top with Southeast Asian-style chicken.
- Top with **roasted peanuts** and pickled onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW24

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