



# Crunchy Asian-Style Slaw

with Peanuts & Mint

Grab your Meal Kit with this symbol



Pea Pods



Spring Onion



Long Chilli (Optional)



Mint



Japanese Dressing



Slaw Mix



Roasted Peanuts

Prep in: **15 mins**  
Ready in: **15 mins**

This colourful Asian-style slaw is all about texture and flavour. We've added all the crunch to our ready-to-go slaw mix, with pea pods and roasted peanuts.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce

SGD



## Before you start

Wash your hands and any fresh food.

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
pea pods	1 small bag
spring onion	1 stem
long chilli 🌶️ (optional)	½
mint	1 bag
Japanese dressing	1 packet
<b>vinegar*</b> (white wine or rice wine)	1 tsp
<b>soy sauce*</b>	½ tsp
slaw mix	1 small bag
roasted peanuts	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	968kJ (231Cal)	545kJ (130Cal)
Protein (g)	6.8g	3.8g
Fat, total (g)	17.9g	10.1g
- saturated (g)	2.4g	1.4g
Carbohydrate (g)	9.5g	5.3g
- sugars (g)	7.6g	4.3g
Sodium (mg)	323mg	182mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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



## Get prepped

- Trim and thinly slice **pea pods** lengthways.
- Thinly slice **spring onion** and **long chilli** (see ingredients).
- Pick and thinly slice **mint**.



## Toss the slaw

- Add **slaw mix**, **pea pods** and **spring onion** to the dressing and toss to combine.



## Make the dressing

- In a medium bowl, combine **Japanese dressing**, the **vinegar**, the **soy sauce** and a drizzle of **olive oil**.



## Serve up

- Transfer slaw to a serving dish. Top with **roasted peanuts**, mint and chilli to serve. Enjoy!

## Rate your recipe

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