



# Lemon Pepper Chicken & Sesame Slaw

with Pickled Ginger & Crunchy Fried Noodles

Grab your Meal Kit with this symbol



Chicken Tenderloins



Lemon Pepper Seasoning



Slaw Mix



Baby Spinach Leaves



Sesame Dressing



Pickled Ginger



Crunchy Fried Noodles

Prep in: **10 mins**  
Ready in: **10 mins**

**1** Eat Me Early

In this 4 step wonder, whip up tasty lemon pepper chicken that is the perfect accompaniment to a sesame-doused slaw. With a sprinkling of crunchy noodles on top, you've found yourself a stellar lunch cooked in a flash!

### Pantry items

Olive Oil, Honey, Soy Sauce

SGW



## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
chicken tenderloins	1 small packet
lemon pepper seasoning	1 medium sachet
<b>honey*</b>	½ tbs
<b>soy sauce*</b>	½ tbs
slaw mix	1 small bag
baby spinach leaves	1 medium bag
sesame dressing	1 large packet
pickled ginger	1 packet
crunchy fried noodles	2 packets

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2009kJ (480Cal)	593kJ (142Cal)
Protein (g)	41.4g	12.2g
Fat, total (g)	22.7g	6.7g
- saturated (g)	3.6g	1.1g
Carbohydrate (g)	26.3g	7.8g
- sugars (g)	7.5g	2.2g
Sodium (mg)	1138mg	336mg

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



## Cook the chicken

- Cut **chicken tenderloins** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** and **lemon pepper seasoning**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- In last minute of cook time, add the **honey** and **soy sauce**, tossing to coat. Season with **salt** and **pepper**. Transfer to a plate to cool.

**TIP:** The chicken is cooked when it's no longer pink inside.



## Pack your lunch

- Divide **slaw** and **chicken** between two containers. Refrigerate.



## Make the slaw

- Meanwhile, in a large bowl, combine **slaw mix**, **baby spinach leaves**, **sesame dressing** and **pickled ginger**. Season to taste.



## Serve up

- When you're ready for lunch, top with some **crunchy fried noodles**. Toss to combine. Enjoy!

## Rate your recipe

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