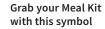




Lemon Pepper Chicken & Sesame Slaw

with Pickled Ginger & Crunchy Fried Noodles







Chicken Tenderloins









Seasoning







Sesame Dressing



Noodles



Prep in: 10 mins Ready in: 10 mins 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
refer to method
1 small packet
1 medium sachet
½ tbs
½ tbs
1 small bag
1 medium bag
1 large packet
1 packet
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



Scan here if you have any questions or concerns





Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

