

Vietnamese-Style Chicken Salad

with Pickled Onion, Mint & Peanuts

EXPLORER



Grab your Meal Kit with this symbol



Cucumber



Apple



Red Onion



Carrot



Tomato



Chicken Tenderloins



Sesame Dressing



Fish Sauce & Rice Vinegar Mix



Mixed Salad Leaves



Mint



Crushed Peanuts



Beef Strips

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



Carb Smart



Eat Me Early

With the perfect balance of sweet, savoury, salty and tangy, this chicken-topped salad is brimming with all the Vietnamese-inspired flavours we love. Don't forget to sprinkle it all with roasted peanuts for some crunch factor.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
apple	1	2
red onion	1	2
carrot	1	2
tomato	1	2
vinegar* (white wine or rice wine)	1 tbs	2 tbs
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
sesame dressing	1 packet	2 packets
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)
mixed salad leaves	1 medium bag	1 large bag
mint	1 bag	2 bags
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1844kJ (441Cal)	315kJ (75Cal)
Protein (g)	43.2g	7.4g
Fat, total (g)	19.5g	3.3g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	22.2g	3.8g
- sugars (g)	20.7g	3.5g
Sodium (mg)	1101mg	188mg
Dietary Fibre (g)	9.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1912kJ (456Cal)	351kJ (83Cal)
Protein (g)	36g	6.6g
Fat, total (g)	24.6g	4.5g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	22.3g	4.1g
- sugars (g)	20.7g	3.8g
Sodium (mg)	1101mg	202mg
Dietary Fibre (g)	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.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

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



Toss the salad

- While the chicken is cooking, combine **sesame dressing**, **fish sauce & rice vinegar mix** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**.
- Just before serving, top the dressing mixture with **mixed salad leaves**, **carrot**, **cucumber**, **apple** and **tomato**. Toss to combine and season to taste.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Season **chicken** with a pinch of **salt** and **pepper**. Set aside to cool slightly.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've swapped to beef strips, heat a large frying pan with a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.



Serve up

- Divide Vietnamese-style salad between bowls. Top with chicken.
- Tear over **mint** leaves. Top with **crushed peanuts** and pickled onion to serve. Enjoy!

Rate your recipe

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