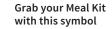


15-Min Vietnamese-Style Chicken Salad

with Pickled Onion, Mint & Peanuts

EXPLORER















Chicken Breast Sesame Dressing





Fish Sauce & Rice Vinegar Mix

Deluxe Slaw







Crushed Peanuts



Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early



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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
cucumber	1	2		
red onion	1	2		
vinegar* (white wine or rice wine)	drizzle	drizzle		
chicken breast	1 small packet	2 small packets OR 1 large packet		
sesame dressing	1 large packet	2 large packets		
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)		
deluxe slaw mix	1 large bag	2 large bags		
mint	1 bag	2 bags		
crushed peanuts	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1838kJ (439Cal)	343kJ (82Cal)
Protein (g)	41.4g	7.7g
Fat, total (g)	22g	4.1g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	16.5g	3.1g
- sugars (g)	15.5g	2.9g
Sodium (mg)	1101mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	369kJ (88Cal)
Protein (g)	75.4g	10.7g
Fat, total (g)	26.7g	3.8g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	16.5g	2.4g
- sugars (g)	15.5g	2.2g
Sodium (mg)	1185mg	169mg

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.



Get Prepped

- Slice cucumber into half-moons.
- Thinly slice red onion.
- In a small heatproof bowl, combine **onion**, a drizzle of 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
- Just before serving, add **deluxe slaw mix** and **cucumber**. Toss to coat.



Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Season chicken with a pinch of salt and **pepper**. Set aside to cool slightly.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results.



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!



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Scan here if you have any questions or concerns

