



# Quick Ponzu Sweet Chilli Chicken

with Wombok Salad, Sesame Dressing & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Ponzu



Sweet Chilli Sauce



Chicken Tenderloins



Cucumber



Long Chilli (Optional)



Shredded Wombok



Shredded Cabbage Mix



Sesame Dressing

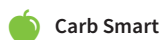


Crushed Peanuts



Beef Strips

Prep in: 10-20 mins  
Ready in: 15-25 mins



Carb Smart

Eat Me Early

Wombok salads are all the rage and add the perfect crunch when you want to level up your salads. This one welcomes the addition of ponzu sweet chilli chicken and chilli, to take it from zero to hero.

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

### Pantry items

Olive Oil, Soy Sauce



## 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
<b>olive oil*</b>	refer to method	refer to method
ponzu	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>soy sauce*</b>	1 tsp	2 tsp
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
cucumber	1	2
long chilli  (optional)	½	1
shredded wombok	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 large packet	2 large packets
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)	1765kJ (422Cal)	380kJ (91Cal)
Protein (g)	42.8g	9.2g
Fat, total (g)	19.6g	4.2g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	17g	3.7g
- sugars (g)	14.6g	3.1g
Sodium (mg)	998mg	215mg
Dietary Fibre (g)	5.7g	1.2g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1848kJ (442Cal)	436kJ (104Cal)
Protein (g)	35.9g	8.5g
Fat, total (g)	25.1g	5.9g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	17g	4g
- sugars (g)	14.6g	3.4g
Sodium (mg)	998mg	235mg
Dietary Fibre	5.6g	1.3g

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://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



1



## Cook the chicken

- In a small bowl, combine **ponzu**, **sweet chilli sauce** and the **soy sauce**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **chicken tenderloins**, until browned and cooked through, **3-4 minutes** each side.
- In the last **2 minutes** of cook time, add **ponzu glaze** to pan, turning to coat.

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

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

3



## Toss salad

- To a medium bowl, add **shredded wombok**, **shredded cabbage mix**, **cucumber** and **sesame dressing**.
- Toss to combine and season to taste.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Thinly slice **long chilli** (if using).

4



## Serve up

- Divide wombok salad between bowls.
- Top with ponzu sweet chilli glazed chicken and pour over any remaining glaze from pan.
- Garnish with **crushed peanuts** and **chilli** (if using!) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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