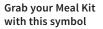




Crunchy Asian-Style Chicken Salad with Ponzu Dressing & Coriander











Long Chilli (Optional)

Chicken Tenderloins





Sweet Chilli

Japanese Style









Baby Spinach Leaves

Sesame Dressing





Crunchy Fried Noodles

Coriander



Chicken salads are such easy and delicious meals that can be whipped up in a jiffy. To take this one up a notch, we've glazed the chicken in a sweet chilli sauce and added fried noodles for crunch!

Pantry items Olive Oil

SCF



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
pea pods	1 medium bag
spring onion	1 stem
long chilli ∮ (optional)	1/2
chicken tenderloins	1 small packet
sweet chilli sauce	1 medium packet
Japanese style dressing	1 medium packet
ponzu	1 medium packet
slaw mix	1 small bag
baby spinach leaves	1 small bag
sesame dressing	1 medium packet
crunchy fried noodles	1 medium packet
coriander	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2247kJ (537Cal)	486kJ (116Cal)
Protein (g)	43.4g	9.4g
Fat, total (g)	23.5g	5.1g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	35.8g	7.7g
- sugars (g)	22.5g	4.9g
Sodium (mg)	1206mg	261mg

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

- Trim and thinly slice **pea pods** lengthways.
- Thinly slice **spring onion** and **long chilli** (if using).



Toss the slaw

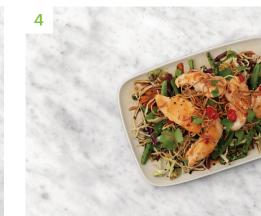
- In a large bowl, combine Japanese style dressing, ponzu and a drizzle of olive oil
- Add slaw mix, baby spinach leaves, pea pods and spring onion to the bowl with the dressing and toss to combine. Season to taste.



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 with salt and pepper.
- Remove from heat, then add **sweet chilli sauce**, turning chicken to coat.

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



Serve up

- Divide Asian-style salad between bowls.
- Top with chicken and drizzle over sesame dressing.
- Garnish with crunchy fried noodles and chilli.
- Tear over **coriander** to serve. Enjoy!



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