



Vietnamese-Style Chicken Tenderloin Salad

with Coriander & Peanuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Pea Pods



Chicken Tenderloins



Sweet Soy Seasoning



Sesame Dressing



Fish Sauce & Rice Vinegar Mix



Slaw Mix



Mixed Salad Leaves



Coriander



Crushed Peanuts



Chicken Tenderloins

Prep in: 15-25 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

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
carrot	1	2
pea pods	1 small bag	1 medium bag
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sesame dressing	2 medium packets	4 medium packets
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)
slaw mix	1 small bag	1 large bag
mixed salad leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1812kJ (433Cal)	395kJ (94Cal)
Protein (g)	43.9g	9.6g
Fat, total (g)	19.8g	4.3g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	17.9g	3.9g
- sugars (g)	14.4g	3.1g
Sodium (mg)	1913mg	417mg
Dietary Fibre (g)	8.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604Cal)	405kJ (97Cal)
Protein (g)	80.5g	12.9g
Fat, total (g)	22.3g	3.6g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	17.9g	2.9g
- sugars (g)	14.4g	2.3g
Sodium (mg)	1983mg	318mg
Dietary Fibre (g)	8.2g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Grate **carrot**.
- Trim and roughly chop **pea pods**.
- In a medium bowl, combine **chicken tenderloins**, **sweet soy seasoning** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken as above.

3



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 **slaw mix**, **mixed salad leaves**, **carrot** and **pea pods**. Toss to combine and season to taste.

2



Cook the chicken

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

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

Custom Recipe: Cook chicken in batches for the best results.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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