



Quick Ponzu Sweet Soy Chicken

with Wombok Salad, Sesame Dressing & Crushed Peanuts

SUMMER SALADS

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Chicken Thigh



Sweet Soy Seasoning



Carrot



Long Chilli (Optional)



Shredded Wombok



Shredded Cabbage Mix



Sesame Dressing



Ponzu



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 soy 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
olive oil*	refer to method	refer to method
chicken thigh	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
carrot	1	2
long chilli  (optional)	½	1
shredded wombok	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
soy sauce*	1 tsp	2 tsp
sesame dressing	2 medium packets	4 medium packets
ponzu	1 medium packet	1 large packet
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)	1747kJ (418Cal)	404kJ (97Cal)
Protein (g)	42.9g	9.9g
Fat, total (g)	19.8g	4.6g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	15.8g	3.7g
- sugars (g)	12.1g	2.8g
Sodium (mg)	1699mg	393mg
Dietary Fibre (g)	6.7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1793kJ (429Cal)	456kJ (109Cal)
Protein (g)	36.3g	9.2g
Fat, total (g)	24g	6.1g
- saturated (g)	4.7g	1.2g
Carbohydrate (g)	15.8g	4g
- sugars (g)	12.1g	3.1g
Sodium (mg)	1695mg	432mg
Dietary Fibre (g)	6.5g	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



1



Cook the chicken

- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken thigh**, **sweet soy seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken thigh**, tossing, until browned and cooked through (when no longer pink inside), **5-6 minutes**.

Custom Recipe: If you've swapped to beef strips, season beef in the same way as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing to coat, in batches, until browned and cooked through, 1-2 minutes.

3



Toss salad

- In a second medium bowl, place **shredded wombok**, **shredded cabbage mix**, **carrot ribbons**, **soy sauce** and **sesame dressing**.
- Toss to combine and season to taste.

2



Get prepped

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **long chilli** (if using).

4



Serve up

- Divide wombok salad between bowls.
- Top with sweet soy chicken and pour over **ponzu**.
- Garnish with **crushed peanuts** and **chilli** to serve. Enjoy!

Custom Recipe: Top wombok salad with sweet soy beef and pour over ponzu to serve.

Rate your recipe

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