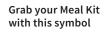


# Quick Vietnamese-Style Chicken Salad with Pickled Onion, Mint & Peanuts

**EXPLORER** 

CLIMATE SUPERSTAR











Chicken Breast







Fish Sauce &



Slaw Mix

Rice Vinegar Mix



Mixed Salad



Leaves



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

9				
	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	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		
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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1800kJ (430Cal)	335kJ (80Cal)
Protein (g)	44g	8.2g
Fat, total (g)	19.7g	3.7g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	16.6g	3.1g
- sugars (g)	15.5g	2.9g
Sodium (mg)	1087mg	202mg
Dietary Fibre (g)	8.9g	1.7g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2515kJ (601Cal)	358kJ (86Cal)
Protein (g)	80.6g	11.5g
Fat, total (g)	22.2g	3.2g
- saturated (g)	3.5g	0.5g
Carbohydrate (g)	16.8g	2.4g
- sugars (g)	15.5g	2.2g
Sodium (mg)	1157mg	165mg
Dietary Fibre	9.1g	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.

#### We're here to help!

Scan here if you have any questions or concerns





# **Get Prepped**

- Slice cucumber into half-moons.
- Thinly slice red onion.
- In a small heatproof bowl, combine onion, a drizzle of 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 pepper.
- Just before serving, add slaw mix, mixed salad leaves 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 chicken 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!