



Quick Vietnamese-Style Chicken Salad

with Pickled Onion, Mint & Peanuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Red Onion



Chicken Breast



Sesame Dressing



Fish Sauce & Rice Vinegar Mix



Slaw Mix



Mixed Salad Leaves



Mint



Crushed Peanuts



Chicken Breast

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

Carb Smart

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

	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

*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



1



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.

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, add **slaw mix**, **mixed salad leaves** and **cucumber**. Toss to coat.

2



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.

4



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!

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