



# Asian Chick'n & Crunchy Salad Bowl

with Sweet Chilli Aioli & Pickled Onion

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Plant-Based Chicken Strips



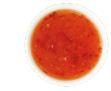
Garlic Paste



Cucumber



Red Onion



Sweet Chilli Sauce



Plant-Based Aioli



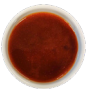
Shredded Cabbage Mix



Mixed Salad Leaves



Crunchy Fried Noodles



Japanese Style Dressing



Chicken Breast

Prep in: 10-20 mins  
Ready in: 15-25 mins



Carb Smart



Eat Me Early\*

\*Custom Recipe only



Plant Based^

^Custom Recipe is not Plant Based

Whip up these plant based chicken strips smothered in a delectable garlic and soy combo. We've swapped rice for a refreshing salad bowl - and added a sprinkle of crunchy noodles to turn this into a textural treat.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, 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
<b>olive oil*</b>	refer to method	refer to method
plant-based chicken strips	1 packet	2 packets
garlic paste	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
cucumber	1	2
red onion	½	1
sweet chilli sauce	1 small packet	1 medium packet
plant-based aioli	1 packet	2 packets
<b>vinegar*</b> (white wine or rice wine)	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
crunchy fried noodles	1 packet	2 packets
Japanese style dressing	1 packet	2 packets
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)	2551kJ (610Cal)	555kJ (133Cal)
Protein (g)	35.7g	7.8g
Fat, total (g)	37.3g	8.1g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	30.9g	6.7g
- sugars (g)	20.9g	4.5g
Sodium (mg)	2018mg	439mg
Dietary Fibre (g)	12.8g	2.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	468kJ (112Cal)
Protein (g)	42.6g	8.5g
Fat, total (g)	30.8g	6.2g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	27.3g	5.5g
- sugars (g)	17.1g	3.4g
Sodium (mg)	963mg	193mg
Dietary Fibre	8.8g	1.8g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Cook the plant-based chick'n strips

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.
- Reduce heat to medium-low and add **garlic paste** and the **soy sauce**, tossing to coat, until fragrant, **1 minute**. Transfer to a plate.

**Custom Recipe:** If you've swapped to chicken breast, slice chicken into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through, 3-4 minutes. Continue as above.

3



## Toss the salad

- To a large bowl, add **shredded cabbage mix**, **mixed salad leaves**, **crunchy fried noodles**, **cucumber** and **Japanese style dressing**, tossing to combine.
- Season to taste.

2



## Pickle the onion

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine **sweet chilli sauce** and **plant-based aioli**.
- In a small microwave-safe bowl, combine **onion**, the **vinegar** and a good pinch of **sugar** and **salt**. Microwave **onion** for **30 second** bursts, until softened. Set aside.

4



## Serve up

- Drain pickled onion.
- Divide crunchy salad between bowls. Top salad with Asian chick'n.
- Drizzle with sweet chilli aioli. Top with pickled onion to serve. Enjoy!

**Custom Recipe:** Top crunchy salad with Asian chicken as above.

We're here to help!

Scan here if you have any questions or concerns

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