



Crunchy Asian-Style Chicken Salad

with Sesame Dressing

Grab your Meal Kit with this symbol



Pea Pods



Spring Onion



Chicken Tenderloins



Sweet Chilli Sauce



Japanese Style Dressing



Slaw Mix



Baby Spinach Leaves



Sesame Dressing



Crunchy Fried Noodles

Prep in: **15 mins**
Ready in: **15 mins**

Chicken salads are such easy and delicious meals that can be whipped up in a jiffy. To take this one up a notch, we've glazed the chicken in a sweet chilli sauce and added fried noodles for crunch!

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
pea pods	1 medium packet
spring onion	1 stem
chicken tenderloins	1 medium packet
sweet chilli sauce	1 medium packet
Japanese style dressing	1 medium packet
slaw mix	1 small packet
baby spinach leaves	1 small packet
sesame dressing	1 medium packet
crunchy fried noodles	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2247kJ (537Cal)	486kJ (116Cal)
Protein (g)	43.4g	9.4g
Fat, total (g)	23.5g	5.1g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	35.8g	7.7g
- sugars (g)	22.5g	4.9g
Sodium (mg)	1206mg	261mg

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



Get prepped

- Trim and thinly slice **pea pods** lengthways.
- Thinly slice **spring onion**.



Toss the slaw

- In a large bowl, combine **Japanese style dressing** and a drizzle of **olive oil**.
- Add **slaw mix**, **baby spinach leaves**, **pea pods** and **spring onion** to the bowl with the dressing and toss to combine. Season to taste.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins**, until browned and cooked through, **3-4 minutes** each side. Season with **salt** and **pepper**.
- Remove from heat, then add **sweet chilli sauce**, turning chicken to coat.

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



Serve up

- Divide Asian-style salad between bowls.
- Top with chicken and drizzle over **sesame dressing**.
- Garnish with **crunchy fried noodles** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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