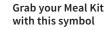


Crunchy Asian-Style Chicken Salad with Sesame Dressing













Chicken Tenderloins



Spring Onion

Sweet Chilli Sauce



Japanese Style



Slaw Mix

Dressing



Baby Spinach



Sesame Dressing



Crunchy Fried Noodles

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 Item

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 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.



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.



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.



Serve up

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

