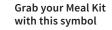


Sweet Chilli Chicken Wombok Salad

with Pea Pods, Peanuts & Japanese Mayo Dressing

CLIMATE SUPERSTAR











Japanese Style



Mayonnaise

Dressing





Sweet Chilli



Sauce

Chicken Tenderloins









Mixed Salad

Leaves



Crushed Peanuts

Coriander





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



With the perfect balance of sweet, citrusy and zingy flavours, plus crispness from the wombok and crunch from the peanuts, this dish boasts all the best bits found in a Vietnamese-style salad - and there's no need for noodles when you have an abundance of colourful veggies to soak up all the deliciousness.

Pantry items Olive Oil, Soy Sauce

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

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
lemon	1/2	1		
pea pods	1 small packet	1 medium packet		
Japanese style dressing	1 medium packet	2 medium packets		
mayonnaise	1 large packet	2 large packets		
soy sauce*	1 tbs	2 tbs		
sweet chilli sauce	1 medium packet	2 medium packets		
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet		
shredded wombok	1 medium packet	1 large packet		
mixed salad leaves	1 small packet	1 medium packet		
crushed peanuts	1 medium packet	1 large packet		
coriander	1 packet	1 packet		
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2449kJ (585Cal)	532kJ (127Cal)
Protein (g)	43.4g	9.4g
Fat, total (g)	35.3g	7.7g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	21.1g	4.6g
- sugars (g)	18.3g	4g
Sodium (mg)	1155mg	251mg
Dietary Fibre (g)	6.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (756Cal)	506kJ (121Cal)
Protein (g)	80.1g	12.8g
Fat, total (g)	37.9g	6.1g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	21.3g	3.4g
- sugars (g)	18.3g	2.9g
Sodium (mg)	1225mg	196mg
Dietary Fibre	6.2g	1g

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

- Zest **lemon** to get a generous pinch, then slice into wedges.
- Trim **pea pods** and thinly slice lengthways, then transfer to a medium bowl.
- In a small bowl, combine **Japanese style dressing**, **mayonnaise** and a squeeze of **lemon juice**. Season with **salt**. Set aside.
- In a second small bowl, combine the soy sauce, sweet chilli sauce, lemon zest and a generous squeeze of lemon juice.



Toss the salad

- While chicken is cooking, add shredded wombok, mixed salad leaves and half the Japanese mayo to bowl with pea pods.
- Toss to coat. 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.
- When chicken has 2 minutes remaining, reduce heat to medium. Add the sweet chilli mixture and cook, turning chicken to coat, until glaze has reduced, 1-2 minutes.

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

Custom Recipe: If you've doubled your chicken tenderloins, cook chicken as above, in batches for best results. Return all chicken to pan before adding the sweet chilli mixture.



Serve up

- Divide wombok salad between bowls. Top with sweet chilli chicken, spooning over any remaining glaze from pan.
- Sprinkle with crushed peanuts. Drizzle with remaining Japanese mayo. Tear over coriander and serve with any remaining lemon wedges. Enjoy!



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