



Sweet Chilli Chicken Wombok Salad

with Pea Pods, Peanuts & Japanese Mayo Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Lemon



Pea Pods



Japanese Style Dressing



Mayonnaise



Sweet Chilli Sauce



Chicken Tenderloins



Shredded Wombok



Mixed Salad Leaves



Crushed Peanuts



Coriander



Chicken Tenderloins

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



Carb Smart*
**Custom recipe is not Carb Smart*

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.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate