



Asian Chick'n & Crunchy Salad Bowl

with Plant-Based Sweet Chilli Aioli & Pickled Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Plant-Based Chicken Strips



Garlic Paste



Cucumber



Red Onion



Sweet Chilli Sauce



Plant-Based Aioli



Shredded Cabbage Mix



Mixed Salad Leaves



Crunchy Fried Noodles



Pea Pods



Japanese Style Dressing

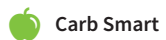


Chicken Breast



Peeled Prawns

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



Carb Smart



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.

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
plant-based chicken strips	1 packet	2 packets
garlic paste	1 packet	2 packets
soy sauce*	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
vinegar* (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
pea pods	1 small packet	1 medium packet
Japanese style dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2619kJ (626Cal)	514kJ (123Cal)
Protein (g)	37.2g	7.3g
Fat, total (g)	37.4g	7.3g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	33.2g	6.5g
- sugars (g)	19.8g	3.9g
Sodium (mg)	2019mg	396mg
Dietary Fibre (g)	14.2g	2.8g

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 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

2024 | CW29



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, add **garlic paste** and the **soy sauce**, tossing to coat, until fragrant, **1 minute**. Transfer to a plate.



Toss the salad

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



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.



Serve up

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

CUSTOM OPTIONS



SWAP CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

