



Sweet Chilli Chicken Wombok Salad

with Pea Pods, Peanuts & Japanese Mayo Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Lemon



Pea Pods



Japanese Style Dressing



Mayonnaise



Sweet Chilli Sauce



Chicken Tenderloins



Shredded Wombok



Mixed Salad Leaves



Crushed Peanuts



Coriander



Chicken Tenderloins



Chicken Breast

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

Carb Smart

Protein Rich

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 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
lemon	½	1
pea pods	1 small packet	1 medium packet
Japanese style dressing	1 packet	2 packets
mayonnaise	2 medium packets	4 medium packets
soy sauce*	1 tbs	2 tbs
sweet chilli sauce	1 packet	2 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	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2463kJ (588Cal)	535kJ (127Cal)
Protein (g)	43.6g	9.5g
Fat, total (g)	35.6g	7.7g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	21g	4.6g
- sugars (g)	18.3g	4g
Sodium (mg)	1152mg	250mg
Dietary Fibre (g)	5.5g	1.2g

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.

1



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.

3



Toss the salad

- While chicken is cooking, add **shredded wombok**, **mixed salad leaves** and half the **Japanese mayo** to the bowl with the **pea pods**.
- Toss to coat. Season to taste.

2



Cook the chicken

- In a small bowl, combine the **soy sauce**, **sweet chilli sauce**, **lemon zest** and a generous squeeze of **lemon juice**.
- 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.

4



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** (see ingredients) and serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

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

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

