

Quick Sweet Chilli Chicken Salad

with Wombok, Cashews & Japanese Mayo

Grab your Meal Kit with this symbol



Onion



Lime



Carrot



Japanese Dressing



Mayonnaise



Sweet Chilli Sauce



Chicken Tenderloins



Shredded Wombok



Mixed Leaves



Roasted Cashews

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart
Eat Me Early

With the perfect balance of sweet, citrusy and zingy flavours, plus crispness from the wombok and crunch from the cashews, 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, Rice Wine Vinegar, Soy Sauce (Or Gluten-Free Tamari Soy Sauce)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
lime	½	1
carrot	1	2
Japanese dressing	1 packet	2 packets
mayonnaise	1 large packet	2 large packets
rice wine vinegar*	¼ cup	½ cup
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
sweet chilli sauce	1 packet (50g)	1 packet (100g)
chicken tenderloins	1 small packet	1 large packet
shredded wombok	1 medium bag	1 large bag
mixed leaves	1 small bag	1 medium bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (649Cal)	525kJ (125Cal)
Protein (g)	42.7g	8.2g
Fat, total (g)	39.6g	7.6g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	28.4g	5.5g
- sugars (g)	23.1g	4.5g
Sodium (mg)	1214mg	234mg
Dietary Fibre	7.9g	1.5g

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

- Thinly slice **onion** (see ingredients). Zest **lime** to get a generous pinch, then slice into wedges. Grate **carrot**, then transfer to a medium bowl.
- In a small bowl, combine **Japanese dressing**, **mayonnaise**, a squeeze of **lime juice** and a splash of **water**. Season with **salt**. Set aside.
- In a small heatproof bowl, combine **onion**, **rice wine vinegar** and a good pinch of **sugar** and **salt**. Microwave in **30 second** bursts, until onion is just softened.



Toss the salad

- While chicken is cooking, add **shredded wombok**, **mixed leaves** and 1/2 the **Japanese mayo** to bowl with the carrot.
- Toss to coat. Season to taste.



Cook the chicken

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



Serve up

- Divide salad between bowls. Top with sweet chilli chicken, spooning over any remaining glaze from pan.
- Sprinkle with **roasted cashews** and spoon over some pickled onion. Drizzle with remaining Japanese mayo. Serve with any remaining lime wedges.

Enjoy!