



Vietnamese-Style Chicken Salad

with Pickled Onion, Mint & Peanuts

Grab your Meal Kit with this symbol



Cucumber



Apple



Red Onion



Carrot



Sriracha



Sweet Chilli Sauce



Mixed Salad Leaves



Mint



Roasted Peanuts



Chicken Breast



Sesame Dressing



Fish Sauce & Rice Vinegar Mix

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

Eat Me Early

Carb Smart

With the perfect balance of sweet, savoury, salty and tangy, this chicken breast-topped salad is brimming with all the Vietnamese-inspired flavours we love. Don't forget to sprinkle it all with roasted peanuts for some crunch factor.

Pantry items

Olive Oil, Rice Wine Vinegar

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
cucumber	1	2
apple	1	2
red onion	1	2
carrot	1	2
rice wine vinegar*	drizzle	drizzle
chicken breast	1 small packet	1 large packet
sriracha	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
sesame dressing	1 large packet	2 large packets
fish sauce & rice vinegar mix	1 packet (20g)	1 packet (40g)
mixed salad leaves	1 medium bag	1 large packet
mint	1 bag	2 bags
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2125kJ (507Cal)	380kJ (90Cal)
Protein (g)	42g	7.5g
Fat, total (g)	23.8g	4.3g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	29.1g	5.2g
- sugars (g)	26.7g	4.8g
Sodium (mg)	1280mg	229mg
Dietary Fibre	9.4g	1.7g

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](https://www.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 & pickle the onion

- Thinly slice **cucumber** into half-moons. Slice **apple** into thin sticks. Thinly slice **red onion**. Grate **carrot**. Set aside.
- In a small heatproof bowl, combine **onion**, a drizzle of **rice wine vinegar**, a splash of **water** and a good pinch of **sugar** and **salt**.
- Microwave the **onion mixture** in **30 seconds** bursts until just softened. Set aside.

3



Make the dressing & toss the salad

- SPICY!** *The sriracha is mild, but use less if you're sensitive to heat!* While the chicken is cooking, combine **sriracha**, **sweet chilli sauce**, **sesame dressing**, **fish sauce & rice vinegar mix** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**.
- Just before serving, top the **dressing** with **mixed salad leaves**, **carrot**, **cucumber** and **apple**. Toss to coat.

2



Cook the chicken

- Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **5-6 minutes**.
- Set aside to cool slightly.

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

4



Serve up

- Divide Vietnamese-style salad between bowls. Top with chicken.
- Sprinkle with torn **mint** leaves. Top with **roasted peanuts** and pickled onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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