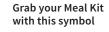


# Asian Ginger Chicken & Cabbage Salad with Ponzu Dressing & Soy Mayo

**EXPLORER** 

SUMMER SALADS

CLIMATE SUPERSTAR













Carrot



Cucumber

**Ginger Paste** 



Diced Chicken





Chilli Flakes (Optional)





Ponzu Sauce

**Baby Leaves** 



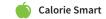
Shredded Cabbage





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

Eat Me Early



With a sensational combination of textures and sweet and spicy Asian flavours, including our signature ponzu sauce, you won't believe you made this yourself – and in under half an hour too!

**Pantry items** 

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

# 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
spring onion	1 stem	2 stems		
carrot	1	2		
cucumber	1/2	1		
diced chicken	1 medium packet	2 medium packets OR 1 large packet		
ginger paste	1 medium packet	1 large packet		
chilli flakes ∮ (optional)	pinch	pinch		
mayonnaise	1 medium packet	1 large packet		
soy sauce*	1 tsp	2 tsp		
ponzu sauce	1 large sachet	2 large sachets		
honey*	1 tsp	2 tsp		
vinegar*(white wine or rice wine)	drizzle	drizzle		
sesame oil*	drizzle	drizzle		
baby leaves	1 small packet	1 medium packet		
shredded cabbage mix	1 medium packet	1 large packet		
diced chicken**	1 medium packet	2 medium packet OR 1 large packet		

\*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1966kJ (470Cal)	479kJ (114Cal)
Protein (g)	36.6g	8.9g
Fat, total (g)	24.9g	6.1g
- saturated (g)	4g	1g
Carbohydrate (g)	24.7g	6g
- sugars (g)	15.6g	3.8g
Sodium (mg)	1248mg	304mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2623kJ (627Cal)	468kJ (112Cal)
Protein (g)	70.1g	12.5g
Fat, total (g)	27.3g	4.9g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	25.5g	4.6g
- sugars (g)	16.3g	2.9g
Sodium (mg)	1309mg	234mg

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

- Finely chop garlic. Roughly chop spring onion. Peel carrot into ribbons. Thinly slice **cucumber (see ingredients)** into half-moons.
- In a medium bowl, combine diced chicken, garlic, ginger paste, a pinch of chilli flakes (if using), a generous pinch of salt and a drizzle of olive oil. Set aside.
- In a small bowl, combine mayonnaise and the soy sauce. Set aside.

**Custom Recipe:** If you've doubled your diced chicken, flavour in a large bowl.



# Cook the chicken

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook **chicken**, tossing occasionally, until browned and cooked through 4-6 minutes. Transfer to a bowl.
- · Meanwhile, add carrot, cucumber, baby leaves and shredded cabbage mix to the bowl with ponzu dressing. Toss to combine. Season to taste.

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

Custom Recipe: Cook chicken in batches for best results.



# Make the ponzu dressing

• In a large bowl, combine ponzu sauce, the honey, vinegar and the sesame oil. Stir well to combine.



# Serve up

- Divide cabbage salad between bowls. Top with Asian ginger chicken.
- Drizzle over soy mayo. Garnish with spring onion to serve. Enjoy!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate