



# Asian Ginger Chicken & Cabbage Salad

with Ponzu Dressing & Soy Mayo

EXPLORER

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Spring Onion



Carrot



Cucumber



Diced Chicken



Ginger Paste



Chilli Flakes (Optional)



Mayonnaise



Ponzu Sauce



Baby Leaves



Shredded Cabbage Mix



Diced Chicken

### Recipe Update

Due to local availability, we've changed some of your ingredients. They may be a little different to what's pictured, but just as delicious!

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

Calorie Smart

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
carrot	1	2
cucumber	½	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
<b>soy sauce*</b>	1 tsp	2 tsp
ponzu sauce	1 large sachet	2 large sachets
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
<b>sesame oil*</b>	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](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.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.

3



## 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.

2



## Make the ponzu dressing

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

4



## 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](https://www.hellofresh.co.nz/rate)