



Crispy Asian Chicken & Carrot Noodle Salad

with Ponzu Dressing & Soy Mayo

Grab your Meal Kit with this symbol



Garlic



Ginger



Coriander



Diced Chicken



Chilli Flakes (Optional)



Mayonnaise



Mixed Sesame Seeds



Ponzu Sauce



Cornflour



Carrot Noodles



Baby Spinach Leaves



Shredded Cabbage Mix

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Eat Me Early

Spicy (optional chilli flakes)

Carb Smart

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, Rice Wine vinegar, Sesame Oil

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
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
coriander	1 bag	1 bag
diced chicken	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
mayonnaise	1 packet (40g)	1 packet (80g)
soy sauce*	1 tsp	2 tsp
mixed sesame seeds	1 sachet	1 sachet
ponzu sauce	1 packet (60g)	2 packets (120g)
honey*	1 tsp	2 tsp
rice wine vinegar*	drizzle	drizzle
sesame oil*	drizzle	drizzle
cornflour	½ packet	1 packet
carrot noodles	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
shredded cabbage mix	½ bag (75g)	1 bag (150g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1833kJ (438Cal)	451kJ (108Cal)
Protein (g)	38g	9.4g
Fat, total (g)	18g	4.4g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	29.7g	7.3g
- sugars (g)	14.5g	3.6g
Sodium (mg)	1171mg	288mg
Dietary Fibre (g)	6.4g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Get prepped

- Finely grate **garlic** and **ginger**. Roughly chop **coriander**.
- In a medium bowl, combine **diced chicken**, **garlic**, **ginger**, 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**.



Cook the chicken

- Return the frying pan to a medium-high heat with enough **olive oil** to cover the base.
- To the bowl of **chicken**, add **cornflour** (see ingredients) and toss to coat.
- When oil is hot, pick up **chicken** using tongs, shaking off any excess flour. Add to the pan and cook **chicken**, tossing occasionally, until browned and cooked through, **4-6 minutes**. Transfer to a plate lined with paper towel.



Toast the sesame seeds & make the dressing

- Heat a large frying pan over a medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a large bowl.
- Add **ponzu sauce**, the **honey** and a drizzle of **rice wine vinegar** and **sesame oil** to the bowl with **sesame seeds**. Stir well to combine.



Serve up

- Meanwhile, add **carrot noodles**, **baby spinach leaves** and **shredded cabbage mix** (see ingredients) to sesame dressing. Toss to combine.
- Divide carrot noodle salad between bowls and top with crispy Asian chicken.
- Drizzle over soy mayo and garnish with coriander to serve.

Enjoy!