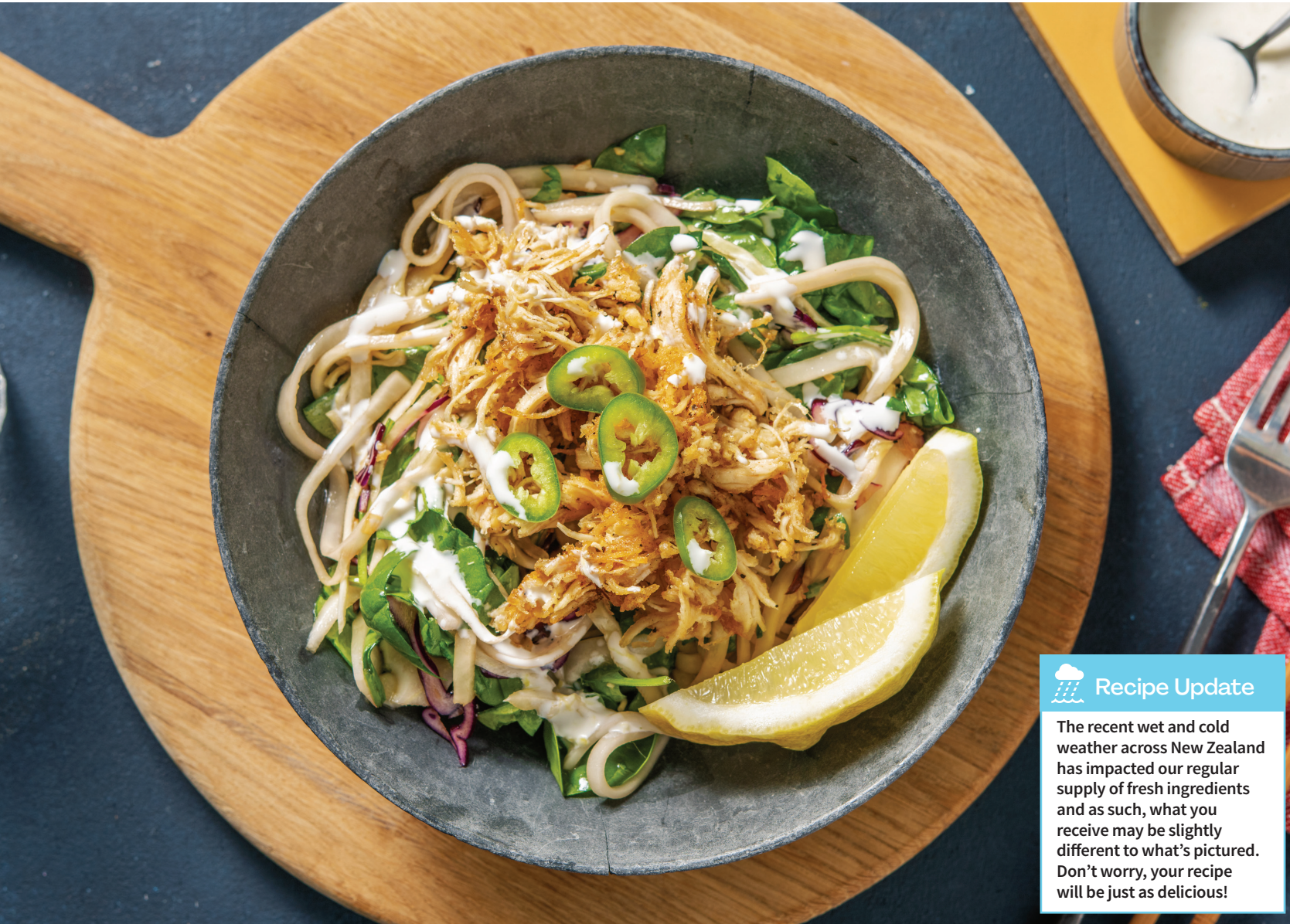




Quick Pulled Chicken & Daikon Noodle Salad

with Ponzu Sauce & Zesty Mayo

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Garlic



Fresh Chilli (Optional)



Lemon



Mayonnaise



Ponzu Sauce



Zesty Chilli Salt



Ginger Paste



Daikon Noodles



Pulled Chicken



Shredded Cabbage Mix



Recipe Update

The recent wet and cold weather across New Zealand 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!

Prep in: 15-25 mins
Ready in: 20-30 mins



Carb Smart



Eat Me Early

Slurp up this delicious bowl of goodness with a serving of daikon noodles, coated in a mixture of ponzu and sesame oil to bring those much loved spiced aromas. Bite into the ginger flavoured chicken drizzled in a tangy mayo. You'll be at the bottom of the bowl in no time.

Pantry items

Olive Oil, Honey, 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
baby spinach leaves	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
fresh chilli (optional) 🌶️	½	1
lemon	½	1
mayonnaise	1 medium packet	1 large packet
daikon noodles	1 medium packet	1 large packet
ponzu sauce	1 packet (60g)	2 packets (120g)
honey*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
pulled chicken	1 packet	1 packet
zesty chilli salt	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
shredded cabbage mix	½ bag (75g)	1 bag (150g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1523kJ (364Cal)	407kJ (97Cal)
Protein (g)	25.3g	6.8g
Fat, total (g)	15.1g	4g
- saturated (g)	2.6g	0.7g
Carbohydrate (g)	29.7g	7.9g
- sugars (g)	18.3g	4.9g
Sodium (mg)	1597mg	426mg
Dietary Fibre (g)	8g	2.1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Boil the kettle.
- Roughly chop **baby spinach leaves**. Finely chop **garlic**. Thinly slice **fresh chilli** (if using). Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **mayonnaise**, **lemon zest** and a splash of **water**. Set aside.
- Place **daikon noodles** in a large heatproof bowl. Cover with boiling water and set aside for **2 minutes**. Drain, rinse, then return to the bowl.

3



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pulled chicken**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **zesty chilli salt** and **ginger paste**, cooking until fragrant, **1 minute**. Season with **pepper**.

2



Make the ponzu dressing

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1-2 minutes**. Transfer to a second small bowl.
- Add **ponzu sauce**, a squeeze of **lemon juice**, the **honey** and a drizzle of **sesame oil** to the bowl with **garlic**. Stir well to combine and set aside.

4



Serve up

- Add baby spinach, **shredded cabbage mix** (see ingredients) and ponzu dressing to daikon noodles. Toss to combine.
- Divide daikon noodle salad between bowls and top with pulled chicken.
- Drizzle with zesty mayo and garnish with chilli. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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