



# Lemongrass Chicken Banh Mi Style Salad

with Garlic Croutons, Peanuts and Sambal Mayo Drizzle

7

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day



Chicken Thigh



Ginger, Garlic & Lemongrass Puree



Garlic Clove



Ciabatta



Carrot



Medium Tomato



Salted Peanuts



Mayonnaise



Sambal Paste



Rice Vinegar



Baby Leaf Mix



Chicken Breast

### Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomato**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Bowl, frying pan, garlic press, baking tray, peeler and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Chicken Thigh**	3	5	6
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Garlic Clove**	2	3	4
Ciabatta <b>13)</b>	1	2	2
Carrot**	1	2	2
Medium Tomato	1	1½	2
Salted Peanuts <b>1)</b>	25g	40g	40g
Mayonnaise <b>8) 9)</b>	32g	48g	64g
Sambal Paste	15g	23g	30g
Rice Vinegar	15ml	23ml	30ml
Baby Leaf Mix**	50g	75g	100g
Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Oil for the Chicken*	½ tbsp	1 tbsp	1 tbsp
Water for the Mayo*	½ tbsp	½ tbsp	1 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	394g	100g	404g	100g
Energy (kJ/kcal)	2618 / 626	665 / 159	2150 / 514	533 / 127
Fat (g)	39.4	10.0	23.2	5.8
Sat. Fat (g)	8.4	2.1	3.6	0.9
Carbohydrate (g)	33.5	8.5	32.3	8.0
Sugars (g)	9.6	2.4	9.8	2.4
Protein (g)	39.5	10.0	46.8	11.6
Salt (g)	1.84	0.47	1.86	0.46

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **8)** Egg **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## 1 Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop the **chicken thighs** into a large bowl along with the **ginger, garlic & lemongrass puree** and **oil for the chicken** (see pantry for amount).

Season with **salt** and **pepper**, mix well, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

### CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, prepare in the same way.



## 2 Get Frying

Heat a frying pan on medium-high heat (no oil).

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

### CUSTOM RECIPE

Fry the **chicken breast** in the pan for 5-6 mins on each side instead.



## 3 Bake the Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press). Tear the **ciabatta** into roughly 2cm chunks.

Pop the **ciabatta** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, add the **garlic** and toss to coat well.

Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

### CUSTOM RECIPE

Once browned, pop the **chicken** onto a baking tray and roast on the top shelf, 10-12 mins. When cooked, remove from your oven and cover with foil. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 4 Prep the Veg and Nuts

While the **chicken** and **croutons** cook, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Cut the **tomato** into 1cm chunks.

Crush the **peanuts** in the unopened sachet using a rolling pin.

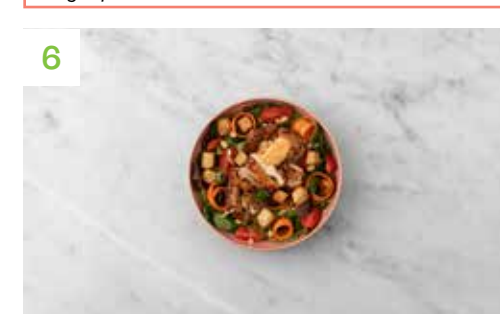


## 5 Mix the Dressings

In a small bowl, combine the **mayonnaise**, **water for the mayo** (see pantry for amount) and **sambal**, then set aside.

In another medium bowl, mix together the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **tomato chunks** to the **rice vinegar dressing** and mix together.



## 6 Finish and Serve

When everything's ready, add the **salad leaves**, **carrot ribbons** and **croutons** to the bowl of **tomatoes**. Toss together in the **dressing** and share out between your serving bowls.

Thinly slice the **chicken** widthways and serve on top of the **salad**.

Scatter over the **peanuts** and drizzle over the **sambal mayo** to finish.

Enjoy!