



# Spicy Chicken and Mango Salad

with Charred Pepper and Sambal Dressing

Lunch 15-20 Minutes • Medium Spice • 4 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Bell Pepper



Mango



Lime



Cooked Chicken Slices



Indonesian Style Spice Mix



Sambal Paste



Baby Leaf Mix

**Pantry Items**

Oil, Olive Oil, Sugar, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Bowl and frying pan.

## Ingredients

Ingredients	Quantity
Bell Pepper***	1
Mango**	1
Lime**	1
Cooked Chicken Slices**	1 pack
Indonesian Style Spice Mix	1 sachet
Sambal Paste	15g
Baby Leaf Mix**	100g

Pantry	Quantity
Oil for the Chicken*	1 tbsp
Olive Oil for the Dressing*	2 tbsp
Sugar for the Dressing*	¼ tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	439g 1509/361	100g 346/83
Fat (g)	15.7	3.6
Sat. Fat (g)	2.7	0.6
Carbohydrate (g)	37.8	8.7
Sugars (g)	29.8	6.8
Protein (g)	22.7	5.2
Salt (g)	1.36	0.31

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

## Allergens

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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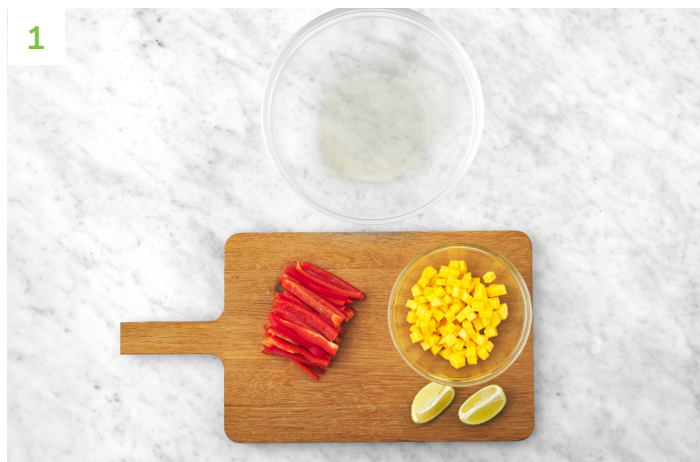
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1



2



3



## Get Prepped

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into **1cm pieces** (discard the stone).
- Juice **half** the **lime** into a large bowl and cut the other **half** into wedges.

## Char the Pepper

- Heat a large frying pan on high heat (no oil).
- Once hot, add the **pepper slices** and cook until charred, 7-8 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **pepper** to pick up some nice colour. Once charred, remove from the pan.
- Add the **cooked chicken slices** to the pan with the **Indonesian spice blend** and the **oil for the chicken** (see pantry for amount). Stir to coat the **chicken** in the **spices**, 1-2 mins.

## Finish and Serve

- Add the **sambal paste**, **olive oil for the dressing** and the **sugar** (see pantry for both amounts) to the bowl of **lime juice**. Season with **salt** and **pepper**, then mix to combine.
- Add the **cooked chicken slices**, **baby leaf mix**, **charred pepper** and **mango** to the bowl and toss to coat.
- Divide the **salad** between 2 serving bowls. Serve with a **lime wedge** for squeezing over.

Enjoy!