



# South-East Asian Style Ginger-Soy Chicken Salad with Peanuts, Mint and Crunchy Veg

Lunch 5-10 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Baby Gem Lettuce



Mint



Cooked Chicken Slices



Soy and Ginger Paste



Salted Peanuts



Coleslaw Mix

**Pantry Items**

Mayonnaise, Sugar, Olive Oil

## 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 and rolling pin.

## Ingredients

Ingredients	Quantity
Baby Gem Lettuce**	2
Mint**	1 bunch
Cooked Chicken Slices**	1 pack
Soy and Ginger Paste <b>11)</b>	1 sachet
Salted Peanuts <b>1)</b>	40g
Coleslaw Mix**	120g

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

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	308g	100g
Energy (kJ/kcal)	1663 /397	541 /129
Fat (g)	23.2	7.5
Sat. Fat (g)	3.5	1.1
Carbohydrate (g)	20.1	6.5
Sugars (g)	14.6	4.7
Protein (g)	26.6	8.6
Salt (g)	3.10	1.01

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

## Allergens

### 1) Peanut **11)** Soya

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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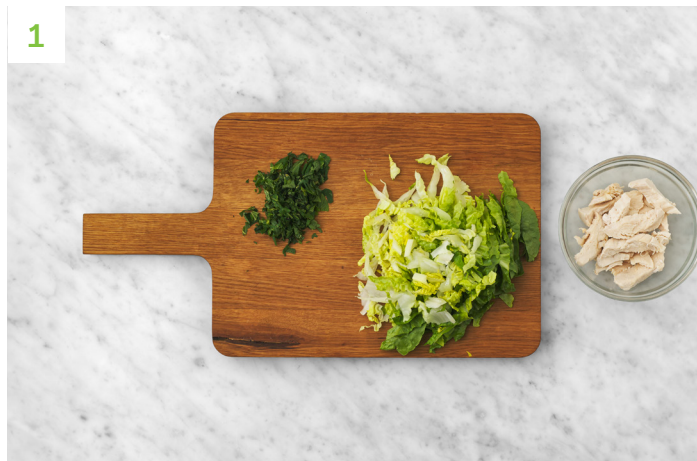
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1



2



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## Get Prepped

- Trim the **baby gem**, halve lengthways, then thinly slice.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Use two forks to shred the **cooked chicken slices** into long pieces.

## Bring on the Dressing and Peanuts

- In a large bowl, combine the **soy and ginger paste** with the **mayo, sugar** and **olive oil for the dressing** (see pantry for all three amounts).
- Crush the **peanuts** in the unopened sachet using a rolling pin.

## Finish and Serve

- Add the **sliced baby gem, shredded chicken, coleslaw mix** and **three quarters** of the **mint** to the **dressing** and toss to coat.
- Share the **dressed salad** between 2 serving bowls and sprinkle over the **crushed peanuts** and the remaining **mint** to finish.

Enjoy!