



Goi Ga Bap Cai Style Chicken & Crunchy Veg Salad with Avocado, Coriander and Peanuts

A Taste of Vietnam 5-10 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Baby Gem Lettuce



Coriander



Cooked British Chicken Slices



Teriyaki Sauce



Ginger Puree



Salted Peanuts



Avocado



Coleslaw Mix



Gỏi Gà Bắp Cải is a chicken salad popular in Vietnam, typically featuring a combination of crunchy vegetables such as cabbage, shredded chicken, peanuts and herbs. Packed full of texture and fragrant flavours, this salad is fresh, aromatic and delicious.

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
Coriander**	1 bunch
Cooked British Chicken Slices**	1 pack
Teriyaki Sauce 11)	75g
Ginger Puree	15g
Salted Peanuts 1)	40g
Avocado	1
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2339 /559	604 /144
Fat (g)	36.9	9.5
Sat. Fat (g)	6.5	1.7
Carbohydrate (g)	26.3	6.8
Sugars (g)	18.7	4.8
Protein (g)	29.2	7.5
Salt (g)	3.65	0.94

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, mollusc, 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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1



2



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Get Prepped

a) Trim the **baby gem**, halve lengthways, then thinly slice.

b) Roughly chop the **coriander** (stalks and all).

c) Use two forks to shred the **cooked chicken slices** into long pieces, then combine in a small bowl the **chicken** with **one third** of the **coriander**. Season with **salt** and **pepper**.

Bring on the Dressing

a) In a large bowl, combine the **teriyaki sauce** and **ginger puree** with the **mayo**, **sugar** and **olive oil for the dressing** (see pantry for all three amounts).

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

c) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.

Finish and Serve

a) Add the **sliced baby gem**, **coleslaw mix** and the remaining **coriander** to the **dressing** and toss to coat.

b) Share the **dressed salad** between 2 serving bowls and lay the **avocado slices** in a line down the centre of each bowl.

c) Place the **coriander pulled chicken** alongside the **avocado slices** and sprinkle over the **crushed peanuts** to finish.

Enjoy!