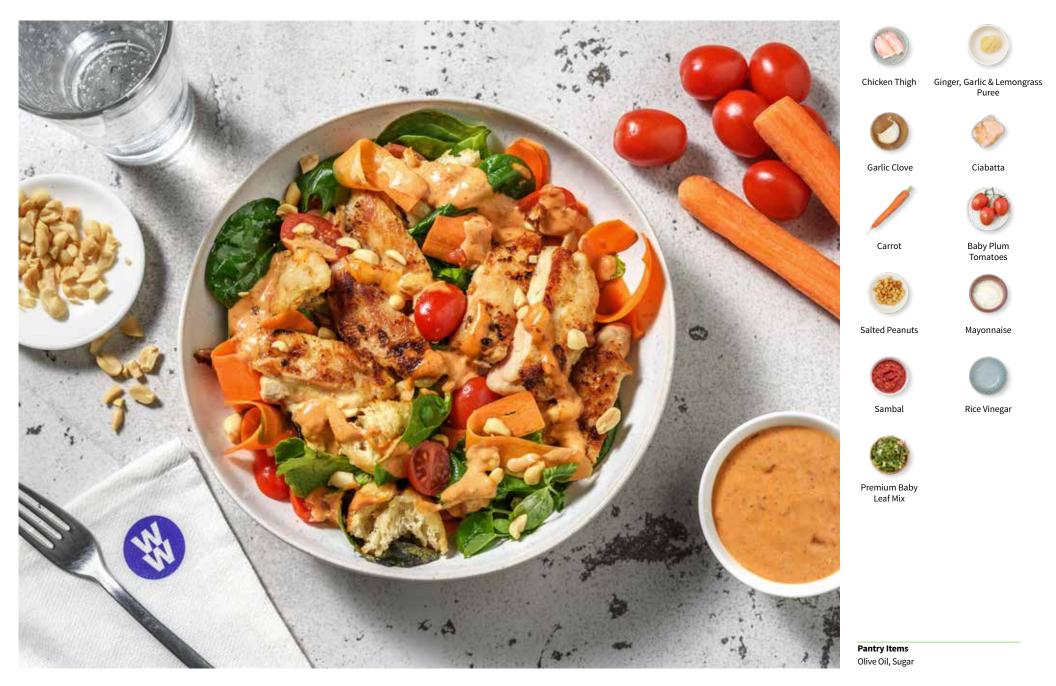


# Lemongrass Chicken Banh Mi Style Salad



with Garlic Croutons, Peanuts and Sambal Mayo Drizzle

Calorie Smart Eat Me Early • 20-25 Minutes • Mild Spice • Under 650 Calories



### Before you start

Our fruit and veggies 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 bowl.

	2P	3P	4P	
Chicken Thigh**	3	5	6	
Ginger, Garlic & Lemongrass Puree	15g	22g	30g	
Olive Oil for the Chicken*	½ tbsp	1 tbsp	1 tbsp	
Garlic Clove**	2	3	4	
Ciabatta 13)	1	2	2	
Carrot**	1	2	2	
Baby Plum Tomatoes	125g	190g	250g	
Salted Peanuts 1)	25g	40g	40g	
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets	
Water for the Mayo*	½ tbsp	1⁄2 tbsp	1 tbsp	
Sambal	15g	22g	30g	
Rice Vinegar	1 sachet	1½ sachets	2 sachets	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp	
Premium Baby Leaf Mix**	50g	75g	100g	
*Not Included **Store in the Fridge				

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	382g	100g
Energy (kJ/kcal)	2495 /596	654/156
Fat (g)	37.4	9.8
Sat. Fat (g)	7.8	2.1
Carbohydrate (g)	32.0	8.4
Sugars (g)	9.6	2.5
Protein (g)	34.1	8.9
Salt (g)	1.62	0.42

Nutrition for uncooked ingredients based on 2 person recipe. PersonalPoints™ values based on low-cal cooking spray oil.

### 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

### Contact

Let us know what you think! Share your creations with #HelloFreshSnaps

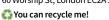
Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

Г FSC

MIX

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





### Marinate the Chicken

#### Preheat your oven to 200°C.

Pop the **chicken thighs** into a large bowl along with the **ginger**, **garlic & lemongrass puree** and the **olive oil for the chicken** (see ingredients for amount). Season with **salt** and **pepper**, mix well to coat. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging.



### Fry the Chicken

Heat a frying pan on medium-high heat.

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.



### **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.



### Prep the Veg

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

Halve the **baby plum tomatoes**. Roughly chop the **peanuts**.

17

Scan to get your exact PersonalPoints™ value





## Make the Dressings

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

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

Add the **tomatoes** to the **rice vinegar dressing** and mix together. Leave aside for now.



## Finish and Serve

When everything is ready, add the **premium mixed leaves**, **carrot ribbons** and **croutons** to the bowl of **tomatoes**. Toss together and share out between your serving bowls.

Thinly slice the **chicken**, then serve on top of the **salad**.

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

Enjoy!

