



Lemongrass Chicken Banh Mi Style Salad

with Garlic Croutons, Peanuts and Sambal Mayo Drizzle

24

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



Chicken Thigh



Ginger, Garlic & Lemongrass Puree



Garlic Clove



Ciabatta



Carrot



Baby Plum Tomatoes



Salted Peanuts



Mayonnaise



Sambal Paste



Rice Vinegar



Baby Leaf Mix



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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 13	1	2	2
Carrot**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Salted Peanuts 1	25g	40g	40g
Mayonnaise 8 9	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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	401g	100g	411g	100g
Energy (kJ/kcal)	2629 / 628	655 / 157	2161 / 517	526 / 126
Fat (g)	39.5	9.8	23.3	5.7
Sat. Fat (g)	8.4	2.1	3.7	0.9
Carbohydrate (g)	33.7	8.4	32.5	7.9
Sugars (g)	9.9	2.5	10.0	2.4
Protein (g)	39.6	9.9	47.0	11.4
Salt (g)	1.84	0.46	1.86	0.45

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

Point™ 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.

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Bring on the Marinade

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** and mix well.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Prep the Veg

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.

Halve the **baby plum tomatoes**. Crush the **peanuts** in the unopened sachet using a rolling pin.



WeightWatchers



Fry the Chicken

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 breasts** in the pan for 8-10 mins instead, then continue as instructed.



Mix the Dressings

In a small bowl, combine the **mayonnaise**, **water for the mayo** (see pantry for amount) and **sambal paste** (add less if you'd prefer things milder), then set aside.

In another large 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 **tomatoes** to the **rice vinegar dressing** and mix together.



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.



Finish and Serve

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

Thinly slice the **chicken** widthways and share between your bowls of **salad**.

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

Enjoy!