



Vietnamese Caramel Chicken

with Crunchy Asian-Style Slaw



20-30min



2 Portions

Hands up who doesn't like Vietnamese food? It's a rare diner who says 'no thanks' to the flavours of this beloved cuisine; this easy chicken dish, with its sweet-salty flavours, delicious, salady crunch and hint of coconut, is an excellent case in point.

What we send

- free-range chicken tenderloin
- mirin ¹
- fish sauce ⁴
- carrot
- wombok cabbage
- Lebanese cucumber
- shredded coconut ¹⁷
- lemongrass powder
- mint

What you'll require

- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- water
- white vinegar

Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

For great flavour and added ease, use brown sugar as it dissolves so quickly, however any sugar will work.

Allergens

Gluten (1), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 520kcal, Fat 27.5g, Carbs 24.8g, Proteins 37.4g



1. Marinate chicken

Put **1 tbs of the mirin**, **1 tsp of the lemongrass powder** (the remaining powder won't be used in this dish), **1 tbs sugar** and **2 tsp soy sauce** in a large bowl, season with **salt and pepper** and stir to until the sugar dissolves. Add the **chicken** and turn to coat.



4. Cook chicken

Heat **2 tsp vegetable oil** in the pan over a medium-high heat. Cook the **chicken** for 2 mins each side or until golden. Reduce the heat to medium, add the **reserved marinade** and **1 tbs water** and cook for 2 mins or until chicken is cooked through and the marinade is reduced and sticky. Remove from the pan and rest for 3 mins.



2. Prepare vegetables

Very thin slice the **cabbage**. Peel and shred the **carrot** using a julienne peeler or box grater. Halve the **cucumber** lengthwise and thinly slice. Put all the vegetables in a large bowl. Finely chop the **mint** leaves, discarding the stems and set aside.



5. Make slaw

Meanwhile, whisk the **fish sauce**, **remaining mirin**, **1½ tbs vegetable oil** and **2 tsp white vinegar** in a small bowl until combined, then drizzle over the vegetables. Add the **toasted coconut** and **mint** and stir to combine.



3. Toast coconut

Put the **coconut** in a medium cold frypan over medium heat and cook, stirring, for 3-5 mins until the coconut is light golden. Remove from the pan and allow to cool. Meanwhile, remove the **chicken** from the marinate using tongs, reserving marinade.



6. Get ready to serve

Using 2 forks, shred the **chicken** into bite-size chunks. Divide the **slaw** and caramelised chicken among bowls to serve.