

DINNERLY



⚡ FAST

🍏 HEALTHY

Chinese Chicken Salad with Crunchy Almonds and Carrot



20 minutes



2 Servings

Ditch the heavy dressing and toss a flavoursome Asian dressing through crunchy slaw and top with succulent chicken tenderloins. Hello fast, fresh and delicious.

WHAT WE SEND

- free-range chicken tenderloins
- 200g wombok cabbage
- 1 carrot
- 2 tsp sesame oil ¹¹
- 1 spring onion
- 40g slivered almonds ¹⁵

WHAT YOU NEED

- garlic clove
- Australian honey
- soy sauce ⁶
- vegetable oil
- white vinegar

TOOLS

- large frypan

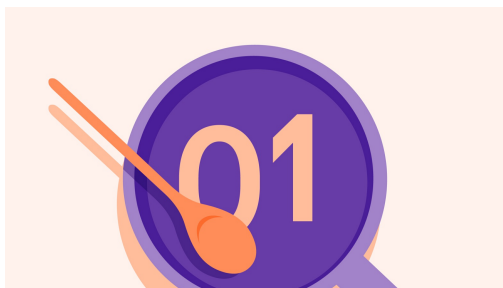
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 460kcal, Fat 22.8g, Carbs 15.3g, Proteins 40.0g



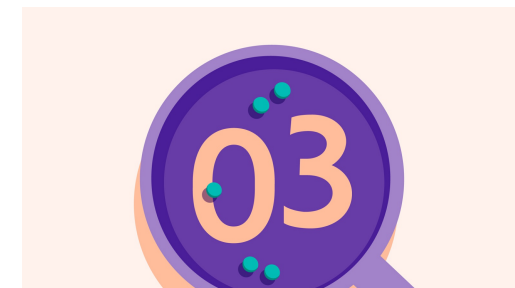
1. Prep ingredients

Trim and finely shred the **cabbage**. Peel, then shred the **carrot** with a julienne peeler or coarsely grate with a box grater. Thinly slice the **spring onion** on an angle, including the green part. Crush or finely chop **1 garlic clove**.



2. Make dressing

Put the **garlic**, **1 tsp sesame oil** (the remaining sesame oil won't be used in this dish), **1 tbs vegetable oil**, **1½ tbs white vinegar**, **3 tsp honey**, **3 tsp soy sauce** and a **pinch of pepper** in a large bowl and stir to combine.



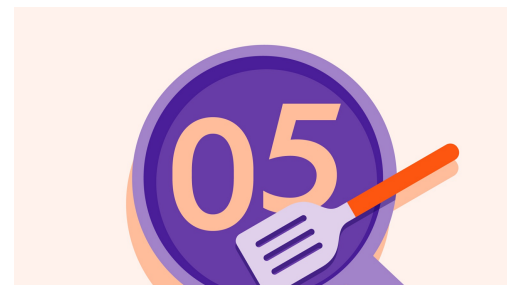
3. Toast almonds

Cook the **almonds** in a cold large frypan over medium heat, tossing, for 2-3 mins until golden. Remove from the pan.



4. Cook chicken

Heat the pan over medium heat. Combine the **chicken** and **3 tsp of the dressing** and cook for 2-3 mins each side until golden and cooked through. Remove the chicken from the pan, cool slightly, then cut on an angle.



5. Combine and serve up

Add the **cabbage**, **carrot** and **spring onion** to the **remaining dressing** and toss to combine. Taste, then season with **salt and pepper**. Divide the **salad** among bowls, top with the **chicken**, scatter with the **almonds** and enjoy.



6. Make it yours

For extra crunch and increased Chinese flavour, add some crispy noodles and scatter with a handful of fresh coriander to serve.