

DINNERLY



⚡ FAST

🍏 HEALTHY

Chinese Chicken Salad with Crunchy Almonds and Carrot



20-30 minutes



2 Servings

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

WHAT WE SEND

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

WHAT YOU NEED

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

TOOLS

- julienne peeler or box grater
- medium 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.

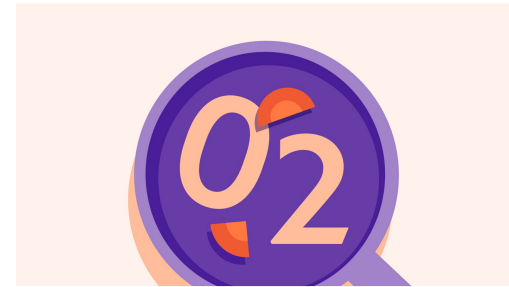
NUTRITION PER SERVING

Energy 480kcal, Fat 25.1g, Carbs 15.3g, Proteins 40.0g



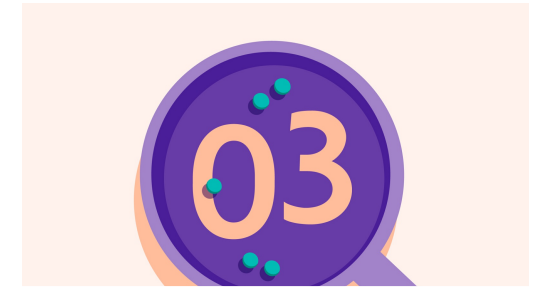
1. Prep ingredients

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



2. Make dressing

Put the **garlic**, **1 tsp sesame oil**, **1 tbs vegetable oil**, **1½ tbs white vinegar**, **3 tsp soy sauce**, **3 tsp honey** and a **pinch of pepper** in a large bowl and stir to combine.



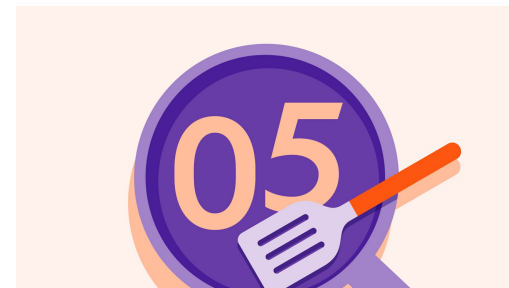
3. Toast almonds

Put the **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from the pan.



4. Cook chicken

Heat the remaining **sesame oil** in the pan over medium heat. Season the **chicken** with **salt and pepper**, add to the pan and cook for 2-3 mins each side until golden and cooked through. Remove the chicken from the pan, cool slightly, then cut in half on an angle.



5. Combine and serve up

Meanwhile, add the **cabbage**, **carrot** and **spring onion** to the **dressing** in the bowl 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 flavour, add some crispy noodles and scatter with a handful of fresh coriander to serve.