FAST

HEALTHY

Chinese Chicken Salad
with Crunchy Almonds and Carrot

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.

🕑 20-30 minutes   🍴 4 Servings

1. Prep ingredients

Trim and finely shred the **cabbage**. Peel the **carrots**, then shred with a julienne peeler or coarsely grate with a box grater. Thinly slice the **spring onions** on an angle. Crush or finely chop **2 garlic cloves**.

2. Make dressing

Put the **garlic**, **sesame oil**, **2 tbs vegetable oil**, **60ml (¼ cup) white vinegar**, **1½ tbs soy sauce**, **1½ tbs honey** and a **pinch of pepper** in a large bowl and stir to combine.
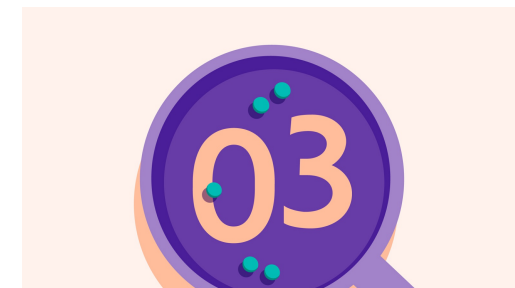
3. Toast almonds

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

4. Cook chicken

Heat **2 tsp vegetable 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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Packed in Australia from at least 95% Australian ingredients