

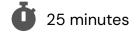


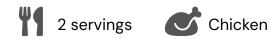


## Thai Chicken Slaw

### with Peanuts

Healthy Thai style chicken slaw with flavours of coriander, fresh chilli and zesty lime. All tossed together with a well balanced sesame dressing and finished off with crunchy peanuts.







# Add some carbs!

You can add some rice noodles to this dish if you like. Alternatively stir-fry the veggies with chicken and sauce, and serve over rice.

PROTEIN TOTAL FAT CARBOHYDRATES

61g 24g

24g

#### FROM YOUR BOX

CHICKEN TENDERLOIN	300g
LIME	1
RED CAPSICUM	1
RED CHILLI	1
COLESLAW	250g
BEAN SHOOTS	1 bag
CORIANDER	1 packet
ROASTED PEANUTS	60g

#### FROM YOUR PANTRY

sesame oil, sugar (of choice), fish (or soy) sauce, white (or rice) wine vinegar

#### **KEY UTENSILS**

frypan (or BBQ)

#### **NOTES**

Use the chilli as a garnish if you prefer.



#### 1. COOK THE CHICKEN

Heat a frypan with oil (or use the BBQ). Season chicken with 1/2 tbsp fish or soy sauce and cook for 5-6 minutes on each side or until cooked through. Set aside.



#### 2. MAKE THE DRESSING

In the meantime, combine **lime** zest and juice with 1 tbsp sugar, 1 1/2 tbsp fish or soy sauce, 1/2 tbsp vinegar, 2 tbsp water and 1 tbsp sesame oil in a bowl.



#### 3. PREPARE THE VEGGIES

Thinly slice **capsicum** and **chilli** (see notes). Add to a bowl with **coleslaw**, **bean shoots** and roughly chopped **coriander**.



#### 4. SHRED THE CHICKEN

Shred or slice the chicken.



#### **5. TOSS IT ALL TOGETHER**

Toss all the vegetables and chicken with the dressing and combine well.



#### 6. FINISH AND SERVE

Roughly chop peanuts.

Serve Thai chicken slaw topped with peanuts at the table.



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