



### Product Spotlight: Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and Brussel sprouts. Cabbage provides a good source of antioxidants!



## 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.

 25 minutes

 2 servings

 Chicken

## 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.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 21g **CARBOHYDRATES** 20g

## FROM YOUR BOX

CHICKEN TENDERLOINS	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 **zest and juice from lime** 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 **cooked 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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