




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

 4 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 | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 55g | 16g | 17g |

FROM YOUR BOX

| | |
|--------------------|----------|
| CHICKEN TENDERLOIN | 600g |
| LIME | 1 |
| RED CAPSICUM | 1 |
| RED CHILLI | 1 |
| COLESLAW | 500g |
| 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

large frypan (or BBQ)

NOTES

Use the chilli as a garnish if you prefer,



1. COOK THE CHICKEN

Heat a large frypan with **oil** (or use the BBQ). Season **chicken** with **1 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 **2 tbsp sugar**, **3 tbsp fish or soy sauce**, **1 1/2 tbsp vinegar**, **3 tbsp water** and **2 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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