

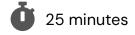


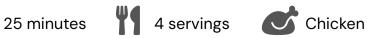


Thai Chicken Slaw

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.

TOTAL FAT CARBOHYDRATES

55g

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.



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**



