



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



4/6 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
4/6 Person:	42g/44g	12g/16g	10g/12g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN TENDERLOINS	600g	600g + 300g
LIME	1	2
RED CAPSICUM	1	2
RED CHILLI	1	1
COLESLAW	500g	250g+500g
BEAN SHOOTS	1 bag	1 bag
CORIANDER	1 packet	2 packets
ROASTED PEANUTS	60g	2 x 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.

6P – season chicken with **1 1/2 tbsp fish or soy sauce**.



2. MAKE THE DRESSING

In the meantime, combine **zest and juice from lime** with **2 tbsp sugar**, **3 tbsp fish sauce**, **1 1/2 tbsp vinegar**, **3 tbsp water** and **2 tbsp sesame oil** in a bowl.

6P – mix **zest and juice from 2 limes**, **3 tbsp sugar**, **5 tbsp fish sauce**, **2 tbsp vinegar**, **4 tbsp water** and **3 tbsp sesame oil**.



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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