



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



Summer Chicken Rice Paper Rolls

with Peanut Sauce

These rice paper rolls scream summer vibes! They're filled with rice noodles, chicken, fresh mango, mint and crunchy veggies, and served with a zingy lime and coconut peanut butter sauce.

30 minutes

2 servings

Chicken

Switch it up!

Switch the rice paper rolls up to make a summery chicken salad! Prepare ingredients per the instructions, divide among bowls and serve with peanut sauce.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	46g	147g

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet
CHICKEN SCHNITZELS	300g
LIME	1
COCONUT MILK	165ml
PEANUT BUTTER	1 tub (20g)
MANGO	1
AVOCADO	1
LEBANESE CUCUMBER	1
RED CHILLI	1
CARROT	1
MINT	1 packet
RICE PAPER ROUNDS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, stick mixer (or small blender)

NOTES

Remove seeds from chilli for a milder heat.

Use warm water (not hot) to soak the rice paper rounds as it softens the rounds quicker.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 1-2 minutes or until tender. Drain and rinse in cold water.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **1 tbsp soy sauce** and **pepper**. Add to pan and cook for 4-5 minutes each side until cooked through.



3. MAKE THE SAUCE

Zest **lime** and **juice 1/2** (wedge remaining). Add to a jug with **coconut milk**, **peanut butter** and **1-2 tbsp soy sauce**. Use a stick mixer to blend to a smooth consistency.



4. PREPARE THE FILLINGS

Slice **chicken**, **mango**, **avocado**, **cucumber** and **chilli** (see notes). Julienne or ribbon **carrot**. Pick **mint leaves**.



5. ASSEMBLE THE ROLLS

Place a clean tea towel and shallow dish of water on the table (see notes). Soak one sheet of **rice paper** in water for 5 seconds. Place onto towel and add **noodles** and **prepared fillings** in the middle. Fold in ends and roll to wrap firmly. Repeat with remaining rice paper and



6. FINISH AND SERVE

Take assembled **rice paper rolls** and **sauce** to the table. Alternatively, take all of the elements to the table for everyone to build rice paper rolls to their liking!



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