



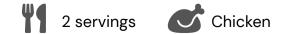
# **Turmeric Chicken**

# with Kimchi Coleslaw

A sweet and sour coleslaw, balanced with creamy avocado, and served with turmeric and ginger chicken.







# Spice it up!

You can add chopped lemongrass or curry powder to season the chicken for a more exciting flavour!

PROTEIN TOTAL FAT CARBOHYDRATES

27g

58g

#### FROM YOUR BOX

GINGER	1 piece
CHICKEN STIR FRY STRIPS	300g
AVOCADO	1
PEAR	1
ORIENTAL SLAW	1 bag (250g)
КІМСНІ	1 jar (use to taste)
SESAME SEED MIX	1/2 packet (10g) *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, sesame (or olive) oil, salt and pepper, ground turmeric

#### **KEY UTENSILS**

large frypan

#### **NOTES**

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



#### 1. SEASON THE CHICKEN

Grate ginger to yield 1 tsp. Mix with 1 tsp turmeric, oil, salt and pepper. Rub onto chicken until well coated.



# 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil.** Add chicken to pan. Cook, turning, for 5–7 minutes or until cooked through.



### 3. PREPARE VEGETABLES

Dice avocado and cut pear into batons. Add to a large bowl.



## 4. TOSS THE COLESLAW

Add slaw and kimchi to bowl with prepared ingredients. Toss with 1 tbsp sesame oil, salt and pepper until well combined.



# 5. FINISH AND SERVE

Divide coleslaw among plates or shallow bowls, top with chicken and sprinkle over seeds.



