



Product Spotlight: Foley's Kim-Chi

Kimchi is a Korean health staple. Foley's recipe contains vitamins A, C, B1, B2, calcium and iron. Foley's Raw Kim-Chi can help your gut digest food faster, enabling more time to process and distribute nutrition.



2 Turmeric Chicken with Kimchi Coleslaw

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

 30 mins

 4 servings

 Chicken

3 September 2021

Spice it up!

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

Per serve: **PROTEIN** 41g **TOTAL FAT** 24g **CARBOHYDRATES** 34g

FROM YOUR BOX

| | |
|-------------------------|--------------------|
| GINGER | 1 piece |
| CHICKEN STIR FRY STRIPS | 600g |
| AVOCADOS | 2 |
| PEARS | 2 |
| SNOW PEAS | 1 bag (150g) |
| KALESRAW | 1 bag (400g) |
| KIMCHI | 1 jar |
| SESAME SEED MIX | 1/2 packet (10g) * |

**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

You can use sesame oil or coconut oil to cook the chicken for added flavour.



1. SEASON THE CHICKEN

Grate ginger to yield 2 tsp. Mix with **2 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** (see notes). Add chicken to pan. Cook, turning, for 5-7 minutes or until cooked through.



3. PREPARE VEGETABLES

Dice avocados and cut pears into batons. Trim and slice snow peas. Add to a large bowl.



4. TOSS THE COLESLAW

Add kaleslaw and kimchi to bowl with prepared ingredients. Toss with **2 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.

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**

