



Carb Smart Kung Pao-Style Chicken Salad with Hoisin Dressing

Carb Smart

30 Minutes



Chicken Breasts



Moo Shu Spice Blend



Hoisin Sauce



Soy Sauce Mirin Blend



Red Cabbage, shredded



Peanuts, chopped



Baby Spinach



Sweet Bell Pepper



Celery



Garlic Salt



White Wine Vinegar



Carrot

HELLO HOISIN

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, box grater, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Chicken Breasts ♦ | 2 | 4 |
| Moo Shu Spice Blend | 1 tbsp | 2 tbsp |
| Hoisin Sauce | ¼ cup | ½ cup |
| Soy Sauce Mirin Blend | 4 tbsp | 8 tbsp |
| Red Cabbage, shredded | 113 g | 226 g |
| Peanuts, chopped | 28 g | 56 g |
| Baby Spinach | 56 g | 113 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Celery | 3 | 6 |
| Garlic Salt | 1 tsp | 2 tsp |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Carrot | 170 g | 340 g |
| Oil* | | |
| Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep veggies

Core, then cut **pepper** into ¼-inch slices. Cut **celery** into ¼-inch pieces. Peel, then grate **carrot**.



Make hoisin dressing

While **chicken** bakes, add **half the soy sauce mirin blend, hoisin sauce** and **2 tbsp water** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then stir to combine.



Prep chicken

Pat **chicken** dry with paper towels, then season with **Moo Shu Spice Blend** and **half the garlic salt**.



Make salad

Combine **remaining soy sauce mirin blend, vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **spinach, cabbage, carrots, peppers** and **celery**. Season with **remaining garlic salt** and **pepper**, then toss to coat.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min. **



Finish and serve

Thinly slice **chicken**. Divide **salad** between plates, then top with **chicken**. Spoon **hoisin dressing** over top. Sprinkle with **peanuts**.

Dinner Solved!