



Smart Chicken 'Larb' Salads

with Crispy Shallots

Calorie Smart

Carb Smart

Spicy

Quick

25 Minutes



Ground Chicken



Spring Mix



Shallot



Roma Tomato



Mini Cucumber



Mint



Lemongrass



Crispy Shallots



Sweet Chili Sauce



Rice Vinegar



Fish Sauce



Chili-Garlic Sauce

HELLO LEMONGRASS

A tall tropical grass with bright lemony notes!

Start here

Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, large bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Spring Mix	113 g	227 g
Shallot	100 g	200 g
Roma Tomato	80 g	160 g
Mini Cucumber	66 g	132 g
Mint	7 g	14 g
Lemongrass	1	2
Crispy Shallots	28 g	56 g
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Rice Vinegar	2 tbsp	4 tbsp
Fish Sauce	1 tbsp	2 tbsp
Chili-Garlic Sauce 🍷	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ 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.

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1 Marinate shallots and tomatoes

- Peel, then cut **shallot** into ⅛-inch pieces.
- Cut **tomato** into ¼ inch pieces.
- Add **half the vinegar**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **tomatoes** and **half the shallots**. Stir to coat.



4 Finish prep and mix salad

- Pick **mint leaves** from stems, then roughly chop.
- Stir **half the mint** into **cooled chicken mixture**.
- Thinly slice **cucumber**.
- Add **cucumbers** and **spring mix** to the bowl with **tomatoes** and **shallots**. Toss to coat.



2 Prep lemongrass

- Heat a large non-stick pan over medium-high heat.
- While pan heats, cut and discard the top 1 inch of **lemongrass**, leaving the root end intact.
- Remove outer layer of **lemongrass**, then quarter lengthwise. Using the back of a spoon or a heavy pot, forcefully tap **lemongrass** to bruise. Finely chop **lemongrass**.



5 Finish and serve

- Divide **salad** between plates.
- Top with **chicken mixture**. Drizzle **chili-garlic sauce** over top.
- Sprinkle **crispy shallots** and **remaining mint** over top.



3 Cook chicken

- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, **lemongrass** and **remaining shallots**. Cook, stirring often, until golden-brown and fragrant, 1-2 min.
- Add **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Add **sweet chili sauce**, **fish sauce** and **remaining vinegar**. Season with **salt** and **pepper**, to taste. Cook, stirring often until fragrant, 30 sec.
- Remove from heat and allow to cool for 3-4 min.

Dinner Solved!