



Smart Chicken 'Larb' Salads

with Crispy Shallots

Carb Smart Calorie Smart **Spicy** 20-min

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- Ground Chicken
- Double Ground Chicken
- Spring Mix
- Tomato
- Radish
- Shallot
- Mint
- Lemongrass
- Crispy Shallots
- Sweet Chili Sauce
- Rice Vinegar
- Fish Sauce
- Chili-Garlic Sauce

CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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
Double Ground Chicken	500 g	1000 g
Spring Mix	113 g	227 g
Tomato	1	2
Radish	3	6
Shallot	2	4
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*	½ tsp	1 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 radishes

- Peel, then cut **shallots** into 1/8-inch pieces.
- Thinly slice **radishes**.
- Cut **tomato** into 1/4-inch pieces.
- Add **half the vinegar**, 1/2 **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **radishes** and **half the shallots**. Stir to coat.

4



Finish prep and salad

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

2



Prep lemongrass

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

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**, then **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 let cool, 3-4 min.

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

Dinner Solved!