



Smart Chicken Crunch Salad

with Peanuts and Edamame

Carb Smart

Calorie Smart

Spicy

25 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



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!



Ground Chicken



Double Ground Chicken



Coleslaw Cabbage Mix



Sweet Bell Pepper



Crispy Shallots



Rice Vinegar



Soy Sauce Mirin Blend



Edamame



Spicy Mayo



Green Onion



Peanuts, chopped

HELLO EDAMAME

A small legume commonly used in East Asian cuisines!

Start here


Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, large bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken [♦]	250 g	500 g
Double Ground Chicken	500 g	1000 g
Coleslaw Cabbage Mix	170 g	340 g
Sweet Bell Pepper	1	2
Crispy Shallots	28 g	56 g
Rice Vinegar	1 tbsp	2 tbsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Edamame	56 g	113 g
Spicy Mayo 	2 tbsp	4 tbsp
Green Onion	1	2
Peanuts, chopped	28 g	56 g
Oil*		
Salt and 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.



Prep

- Core, then thinly slice **pepper**.
- Thinly slice **green onion**.



Make slaw

- Add **vinegar** and **1 tsp** (2 tsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **peppers, coleslaw cabbage mix** and **half the green onions**. Toss to coat.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 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.



Glaze chicken and edamame

- Add **edamame** and **soy sauce mirin blend** to the pan with **chicken**. Cook, stirring often, until **sauce** is absorbed, 5-6 min. (**TIP:** If you prefer a lighter glaze, add water, 1-2 tbsp at a time, until your desired consistency is reached.)



Finish and serve

- Divide **slaw** between plates.
- Top with **chicken and edamame**.
- Drizzle with **spicy mayo**, then sprinkle **crispy shallots, peanuts** and **remaining green onions** over top.

Dinner Solved!



Issue with your meal?
Scan the QR code to
share your feedback.