

Smart Chicken 'Larb' Salads

Calorie Smart

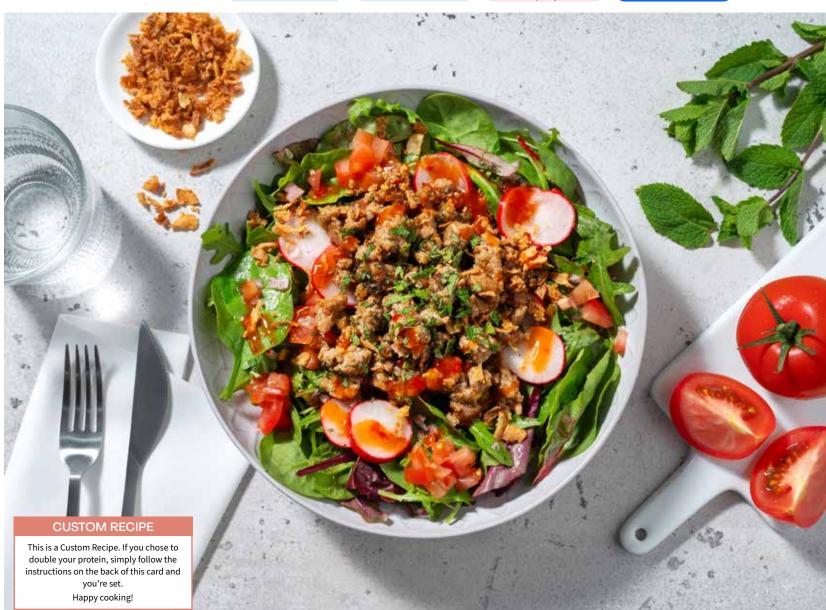
with Crispy Shallots

Carb Smart

Spicy

20-min







Ground Chicken



Tomato

Lemongrass

Sweet Chili Sauce

Fish Sauce



Spring Mix











Crispy Shallots



Rice Vinegar



Chili-Garlic Sauce



Start here

Wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), within steps

Ingredient

Bust out

Measuring spoons, large bowl, large non-stick pan

Ingredients

2 Person	4 Person
250 g	500 g
500 g	1000 g
113 g	227 g
1	2
3	6
2	4
7 g	14 g
1	2
28 g	56 g
2 tbsp	4 tbsp
2 tbsp	4 tbsp
1 tbsp	2 tbsp
1 tbsp	2 tbsp
½ tsp	1 tsp
	250 g 500 g 113 g 1 3 2 7 g 1 28 g 2 tbsp 2 tbsp 1 tbsp 1 tbsp

- * 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.





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, 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 radishes and half the shallots. Stir to coat.



Prep lemongrass

- Heat a large non-stick pan over mediumhigh 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.



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.



Finish prep and salad

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



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.

Dinner Solved!