

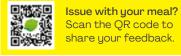
# Smart Red Curry Chicken Salads

with Peanuts

Smart Meal

**Spicy** 

30 Minutes







**Ground Chicken** 



Spring Mix









**Red Curry Paste** 

Peanuts, chopped



Rice Vinegar



Green Onion



Sweet Chili Sauce



Carrot



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

Before starting, wash and dry all produce.

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

4 person Ingredient

oil

#### Heat Guide for Step 4:

- Mild: ½ tsp (½ tsp)
- Medium: ¼ tsp (½ tsp) • Extra-spicy: 1 tsp (2 tsp)
- Spicy: ½ tsp (1 tsp) **Bust out**
- Medium bowl, vegetable peeler, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

## **Inaredients**

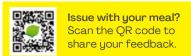
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	2 Person	4 Person
Ground Chicken *	250 g	500 g
Double Ground Chicken	500 g	1000 g
Spring Mix	113 g	227 g
Red Chili Pepper	1	2
Red Curry Paste	4 tbsp	8 tbsp
Peanuts, chopped	28 g	56 g
Rice Vinegar	2 tbsp	4 tbsp
Green Onion	1	2
Sweet Chili Sauce	2 tbsp	4 tbsp
Carrot	170 g	340 g
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.





#### Prep

- · Thinly slice green onion.
- Peel, then cut carrot into 1/4-inch matchsticks.
- Finely chop **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilies!)



#### Pickle carrots

- Add vinegar, 1 tbsp (2 tbsp) water and a **pinch of salt** to a medium microwaveable bowl. (NOTE: This is your pickling liquid.)
- Microwave in 15 sec increments, stirring between each, until salt dissolves.
- Add carrots, then stir to combine. Place in the fridge to cool.



## Toast peanuts

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (TIP: Keep your eye on peanuts so they don't burn!)
- Transfer to a small bowl.

If you've opted to get **double the ground chicken**, cook it in the same way the recipe instructs you to cook the regular portion of ground chicken. Work in batches, if neccessary.



#### Cook chicken

- Reheat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then chicken. Cook, breaking up chicken into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add curry paste, half the sweet chili sauce, **2 tbsp** (4 tbsp) **water** and **1/4 tsp** (1/2 tsp) **chilis**. (NOTE: Reference heat guide.)
- · Remove from heat. Season with salt and pepper, to taste, then stir to combine.



#### Make salad

- Add remaining sweet chili sauce, 1 tbsp (2 tbsp) pickling liquid and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine. (TIP: Add a pinch of sugar to the dressing, if desired!)
- Drain pickled carrots, discarding remaining pickling liquid.
- Add carrots, spring mix and half the green onions to the bowl with dressing. Toss to combine.



### Finish and serve

- Divide salad between plates. Top with chicken, then peanuts and remaining green onions.
- Sprinkle any remaining chilies over top, if desired.

## **Dinner Solved!**