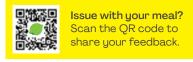


Smart Red Curry Chicken Salads

with Peanuts

Calorie Smart Carb Smart Spicy

30 Minutes









Ground Chicken



Red Chili Pepper



Red Curry Paste





Peanuts, chopped

Rice Vinegar





Green Onion



Sweet Chili Sauce



Carrot



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: 1/8 tsp (1/4 tsp) Spicy: ½ tsp (1 tsp)
- Medium: ¼ tsp (½ tsp) • Extra-spicy: 1 tsp (2 tsp)

Bust out

Medium bowl, vegetable peeler, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken•	250 g	500 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*		

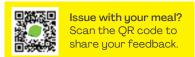
Salt and Pepper*

- * 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.





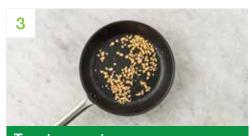
Prep

- 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.



- · 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 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!