

Shredded Chicken and Mango Salad

with Ginger Dressing

hellóchef

This light salad packs a real flavour punch!

Cals 601 • Prot 57 • Carbs 48 • Fat 23

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🕒 cook: 30 min

R3090



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Water	100	150	200	ML
Lime	1	1	2	Piece
Black pepper	0.5	1	1	Tsp
Dressing				
Ginger	30	45	60	Grams
Tamari ^{9*}	15	22	30	ML
Rice vinegar	15	22	30	ML
Sesame oil ^{3*, 9*}	15	22	30	ML
Coconut sugar	5	10	10	Grams
Salad				
Carrot	1	2	2	Piece
Mango	1	1	2	Piece
Cucumber	2	3	4	Piece
Spring onion	40	60	80	Grams
Fresh mint	10	10	10	Grams
Fresh coriander	15	15	15	Grams
Black sesame seeds ^{3*}	10	15	20	Grams
Salted peanuts ^{1*}	40	60	80	Grams

Allergens

⁹Soya, ³Sesame Seeds, ¹Peanuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2514 / 601
Fat (g)	22.8
of which saturates (g)	3.2
Carbohydrate (g)	48
of which sugars (g)	28.2
Fiber (g)	9.8
Protein (g)	56.8
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



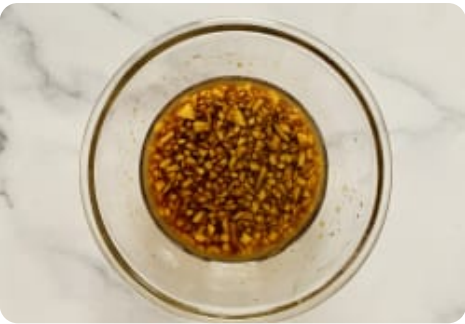
1 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden.



2 Simmer chicken

Once golden, reduce the heat to medium-low, add the **measured water** to the pan, cover with a lid and cook for 10-15 min further.



3 Prep dressing

Peel and finely chop the **ginger**. Add the **ginger, tamari, rice vinegar, sesame oil** and **coconut sugar** to a bowl or jar and whisk until well blended. Set aside.



4 Prep salad

Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Stack the ribbons on top of one another, then slice them into thin sticks. Peel and slice the **mango** into matchsticks. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Trim and finely slice the **spring onion**. Pick the **mint** and **coriander** leaves. Set aside.



5 Pull chicken

Once ready, remove the pan from the heat and, using two forks, pull the **chicken** until it's fully shredded. Juice the **lime** directly into the pan and season generously with **salt** and **pepper**.

Tip! Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.



6 Toss

In a large bowl, toss the **mint, coriander, mango, spring onion, carrot, cucumber**, shredded **chicken, sesame** and **peanuts** in the **dressing**. Serve immediately.