

Dynamite Chicken Lettuce Cups

with Avocado

hellóchef

This sweet and spicy dynamite sauce will have you coming back for more!

Cals 714 • Prot 53 • Carbs 38 • Fat 40

Quick Prep

hellochef.com • 04-825-44-00 • hello@hellochef.com



⚡ prep: 5 min

🕒 cook: 25 min

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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
Soy sauce 9* , 10* , 11*	20	30	40	ML
Corn starch	30	30	60	Grams
Vegetable oil	2	3	4	Tbsp
Vegetables				
Spring onion	40	60	80	Grams
Avocado	1	2	2	Piece
Iceberg lettuce	1	1	2	Piece
Dynamite sauce				
Sriracha sauce	14	21	28	Grams
Sweet chilli sauce	40	60	80	ML
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Salt	0.5	0.5	1	Tsp

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard**

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)	2985 / 714
Fat (g)	40.3
of which saturates (g)	6.3
Carbohydrate (g)	38
of which sugars (g)	12.2
Fiber (g)	11
Protein (g)	52.7
Salt (g)	3.4

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



1 Prep

Chop the **chicken** into bite-sized pieces and place it into a bowl with the **soy sauce** and **corn starch**. Mix until fully coated (add a splash of water if needed!). Set aside. Finely chop the **spring onions**.



2 Fry

Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** and fry for 7-8 min or until cooked through.



3 Make sauce

Meanwhile, in a bowl, mix the **sriracha (spicy!)**, **sweet chilli (spicy!)** and **mayonnaise** with a pinch of **salt**. This is your **dynamite sauce**.



4 Coat chicken

Once cooked, transfer the **chicken** to a bowl and mix with the **dynamite sauce** and half of the chopped **spring onions** (reserve the rest for garnish!).

Tip! Drain the chicken on a paper towel after frying to remove any excess oil.



5 Prep avocado

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks or slices.



6 Assemble

Cut the **iceberg lettuce** in half and separate the leaves. Load the **iceberg lettuce** with the **Dynamite chicken**, **avocado** and **spring onions**.