



# SESAME-CRUSTED CHICKEN SALAD

with Mandarin Orange & a Peanut Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz  
Carrot



1 | 2  
Mandarin Orange



½ oz | 1 oz  
Cashews  
Contains: Tree Nuts



2 TBSP | 4 TBSP  
Sesame Seeds



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Chicken Cutlets\*\*



1.15 oz | 2.30 oz  
Peanut Butter  
Contains: Peanuts



5 tsp | 10 tsp  
Rice Wine  
Vinegar



5 oz | 10 oz  
Spinach

\*\* In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

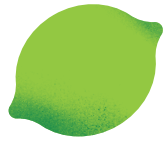
## HELLO

### MANDARIN ORANGE

Sweeter than the common orange, this citrus fruit adds bright flavor to salads.



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 650



# HELLO FRESH

## PLACE HOLDER

To prevent your plastic wrap from moving around while you pound the chicken in step 2, sprinkle a little water on your work surface before placing the plastic wrap and chicken on it—this will help everything stay in place!

## BUST OUT

- Peeler
- Medium bowl
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Whisk
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (11 tsp | 20 tsp)
- Sugar (½ tsp | 1 tsp)

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## 1 PREP

- Bring **peanut butter** to room temperature. **Wash and dry produce.**
- Using a peeler, shave **carrot** lengthwise into ribbons, rotating as you go, until you get to the core. Discard core. Peel and separate **mandarin** into segments; cut each in half horizontally. Roughly chop **cashews**.



## 4 MAKE DRESSING

- While chicken cooks, in bowl used for sesame seeds, whisk together **peanut butter** (for a less intense peanut flavor, start with half the peanut butter and add more to taste), **vinegar**, and ½ tsp sugar (1 tsp for 4 servings). (TIP: Knead peanut butter packet before opening to make whisking a bit easier.) Slowly drizzle in **3 TBSP oil** (6 TBSP for 4), whisking continuously.
- Reserve **2 TBSP dressing** (4 TBSP for 4) for serving.



## 2 SEASON CHICKEN

- In a medium bowl, combine **sesame seeds**, **garlic powder**, ½ tsp salt (1 tsp for 4 servings), and **pepper**.
- Pat **chicken\*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick.
- Season all over with **sesame seed mixture**, pressing to coat. Wipe out bowl.



## 5 TOSS SALAD

- In a large bowl, toss **spinach** and **carrot ribbons** with as much **remaining dressing** as you like. Taste and season with **salt** and **pepper** if desired.



## 3 COOK CHICKEN

- Heat a **large drizzle of oil** in a large, heavy-bottomed pan over medium-high heat. Add **chicken**. (TIP: If any sesame seeds fall off while transferring, carefully sprinkle them on top of the chicken in pan.) Cook until crust is golden brown and chicken is cooked through, 3-5 minutes per side. TIP: Reduce heat to medium if sesame seeds begin to brown too quickly.
- Turn off heat; transfer to a cutting board.



## 6 FINISH & SERVE

- Slice **chicken** crosswise into strips.
- Divide **salad** between bowls; top with chicken, **mandarin**, and **cashews**. Drizzle **reserved dressing** over chicken and serve.

\* Chicken is fully cooked when internal temperature reaches 165°.