



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Mandarin
Orange



1.5 oz | 3 oz
Sesame Dressing
Contains: Soy, Wheat



1 oz | 2 oz
Sweet Thai
Chili Sauce
Contains: Soy



½ oz | 1 oz
Cashews
Contains: Tree Nuts



10 oz | 20 oz
Chicken Cutlets**



1 tsp | 2 tsp
Garlic Powder



5 oz | 10 oz
Spinach



4 oz | 8 oz
Red Cabbage
and Carrot Mix

** 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.



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 370

SESAME MANDARIN-CHICKEN SALAD

with Candied Cashews



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 410



HELLO

MANDARIN ORANGE

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

SIMPLY THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the orange surface layer from the mandarin, then mince it.

BUST OUT

- Zester
- 2 Small bowls
- Large pan
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)

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* Chicken is fully cooked when internal temperature reaches 165°.
* Shrimp is fully cooked when internal temperature reaches 145°.



1 PREP & MAKE DRESSING

- Wash and dry produce.
- Zest **mandarin** until you have ¼ tsp (½ tsp for 4 servings); peel and dice fruit into bite-size pieces.
- In a small bowl, combine **sesame dressing**, **chili sauce**, and **mandarin zest**. Season with a **pinch of salt and pepper**.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **garlic powder**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in pan used for cashews over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Remove from pan; transfer to a cutting board to rest.
- Rinse **shrimp*** under cold water, then pat dry with paper towels. Heat a **drizzle of oil** in pan used for cashews over medium-high heat. Add shrimp and season with **garlic powder**, **salt**, and **pepper**. Cook, stirring occasionally, until opaque and cooked through, 3-4 minutes.



2 CANDY CASHEWS

- Heat a large, preferably nonstick, pan over medium-high heat. Add **cashews**, **1 tsp sugar** (2 tsp for 4 servings), and **1 TBSP water** (2 TBSP water for 4). Cook, stirring often, until water has evaporated and cashews are coated and lightly toasted, 3-5 minutes.
- Turn off heat; transfer to a second small bowl. Wipe out pan.



4 TOSS SALAD & SERVE

- In a large bowl, toss **spinach**, **red cabbage and carrot mix**, and **half the mandarin** with **half the dressing**.
- Thinly slice **chicken** crosswise.
- Divide **salad** between bowls. Top with chicken, **candied cashews**, and remaining mandarin. Drizzle with remaining dressing and serve.

WK 1-7