



# Lemongrass Chicken Banh Mi Style Salad

with Garlic Croutons, Peanuts and Sambal Mayo Drizzle

27

Calorie Smart Eat Me Early • 20-25 Minutes • Mild Spice • Under 650 Calories



Chicken Thigh



Ginger, Garlic & Lemongrass Puree



Garlic Clove



Ciabatta



Carrot



Baby Plum Tomatoes



Salted Peanuts



Mayonnaise



Sambal



Rice Vinegar



Premium Baby Leaf Mix

**Pantry Items**  
Olive Oil, Sugar

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Bowl, frying pan, garlic press, baking tray, peeler and bowl.

## Ingredients

	2P	3P	4P
Chicken Thigh**	3	5	6
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Olive Oil for the Chicken*	½ tbsp	1 tbsp	1 tbsp
Garlic Clove**	2	3	4
Ciabatta <b>13</b>	1	2	2
Carrot**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Salted Peanuts <b>1</b>	25g	40g	40g
Mayonnaise <b>8</b> <b>9</b>	1 sachet	1½ sachets	2 sachets
Water for the Mayo*	½ tbsp	½ tbsp	1 tbsp
Sambal	15g	22g	30g
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Premium Baby Leaf Mix**	50g	75g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>382g</b>	<b>100g</b>
Energy (kJ/kcal)	2495/596	654/156
Fat (g)	37.4	9.8
Sat. Fat (g)	7.8	2.1
Carbohydrate (g)	32.0	8.4
Sugars (g)	9.6	2.5
Protein (g)	34.1	8.9
Salt (g)	1.62	0.42

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

1) Peanut 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## 1 Marinate the Chicken

Preheat your oven to 200°C.

Pop the **chicken thighs** into a large bowl along with the **ginger, garlic & lemongrass puree** and the **olive oil for the chicken** (see ingredients for amount). Season with **salt** and **pepper**, mix well to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## 4 Prep the Veg

While the **chicken** and **croutons** cook, trim and peel the **carrot**. Use the **vegetable peeler** to peel long ribbons down the length of the **carrot**, stopping at the core.

Halve the **baby plum tomatoes**. Roughly chop the **peanuts**.



## 2 Fry the Chicken

Heat a frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 5 Make the Dressings

In a small bowl, combine the **mayonnaise**, **water for the mayo** (see ingredients for amount) and **sambal**, then set aside.

In another large bowl, mix together the **rice vinegar**, **olive oil** and **sugar for the dressing** (see ingredients for both amounts). Season with **salt** and **pepper**.

Add the **tomatoes** to the **rice vinegar dressing** and mix together. Leave aside for now.



## 3 Bake the Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press). Tear the **ciabatta** into roughly 2cm chunks.

Pop the **ciabatta** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, add the **garlic** and toss to coat well.

Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.



## 6 Finish and Serve

When everything is ready, add the **premium mixed leaves**, **carrot ribbons** and **croutons** to the bowl of **tomatoes**. Toss together and share out between your serving bowls.

Thinly slice the **chicken**, then serve on top of the **salad**.

Scatter over the the **peanuts** and drizzle over the **sambal mayo** to finish.

Enjoy!

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