



POACHED CHICKEN SALAD

with Toasted Sesame Dressing and Crispy Wonton

MAKE FIRST

PRONTO



HELLO

POACHED CHICKEN

This cooking technique helps to keep the chicken moist and flavourful

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 476



Chicken Breasts



Wonton Wrappers



Chinese Five Spice



Garlic



Sesame Oil



Sweet Chili Sauce



Smooth Peanut Butter



Rice Vinegar



Carrot-Purple Cabbage Slaw



Black Sesame Seeds



Green Onions



Cilantro

BUST OUT

- Garlic Press
- Medium Pot
- Large Bowl
- Paper Towel
- Measuring Spoons
- Whisk
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Wonton Wrappers 1,3 10 | 20
- Chinese Five Spice 1 tsp | 2 tsp
- Garlic 10 g | 20 g
- Sesame Oil 8 1 tbsp | 2 tbsp
- Sweet Chili Sauce 🌶️ 2 tbsp | 4 tbsp
- Smooth Peanut Butter 7 1 tbsp | 2 tbsp
- Rice Vinegar 1 tbsp | 2 tbsp
- Carrot-Purple Cabbage Slaw 170 g | 340 g
- Black Sesame Seeds 8 ½ tbsp | 1 tbsp
- Green Onions 2 g | 4 g
- Cilantro 10 g | 20 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* Thinly slice only the **green onion greens**. Keep the **white parts whole**. Pick the **cilantro leaves** from the stems. (Reserve the **cilantro stems** — we'll use them in Step 2.) Mince or grate the **garlic**. Cut the **wonton wrappers** into ¼-inch strips. Pat the **chicken** dry with paper towels. Season with **salt and pepper**.



4 TOAST SESAME SEEDS Heat a large non-stick pan over medium heat. Add ½ **tbsp sesame seeds** (dbl for 4 ppl) to the dry pan. Toast, stirring often, until fragrant and warm, 5-6 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the **sesame seeds** to the large bowl with the **slaw** and toss together.



2 POACH CHICKEN In a medium pot, combine **cilantro stems, onion whites, half the onion greens, half the garlic, ½ tsp five spice** (dbl for 4 ppl) and **3 cups water** (dbl for 4 ppl). Season with **salt and pepper**. Bring to a boil over high heat. Once boiling, add **chicken** to pot and reduce heat to low. Cover and poach **chicken** until cooked through, 12-15 min. (**TIP:** Cook to a min internal temp of 74°C/165°F, as size may vary.**)



5 COOK WONTONS In the same pan, add **2 tbsp oil** (dbl for 4 ppl), then the **wonton slices**. Cook, stirring often, until golden-brown and crispy, 5-6 min. Transfer to a paper towel-lined plate and season with **salt and pepper**. When **chicken** is cooked through, use tongs to remove it from the liquid to a large plate. Using two forks, shred the **chicken** into bite-sized pieces.



3 MAKE SLAW In a large bowl, whisk together the **rice vinegar, sesame oil, sweet chili sauce, 1 tbsp peanut butter** (dbl for 4 ppl), **remaining garlic** and **remaining five spice**. Add the **slaw mix** and **remaining green onion greens**. Toss to combine.



6 FINISH AND SERVE Add the **chicken** to the **slaw** and toss together. Divide the **slaw** between plates. Sprinkle over the **cilantro leaves** and top with the **crispy wontons**.

CRUNCH!

Who needs croutons when you can have crispy fried wontons!