



Asian Sugar Snap Pea & Mint Slaw

with Roasted Peanuts

Grab your Meal Kit with this symbol



Spring Onion



Long Red Chilli (Optional)



Sugar Snap Peas



Mint



Japanese Dressing



Slaw Mix



Roasted Peanuts

 Hands-on: **15 mins**

 Ready in: **15 mins**

 Spicy (optional long red chilli)

This colourful Asian-style slaw is all about texture and flavour. We've added all the crunch to our ready-to-go slaw mix, with sugar snap peas and roasted peanuts.

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

Ingredients

	2 People
olive oil*	refer to method
spring onion	2 stems
long red chilli (optional)	½
sugar snap peas	1 packet (100g)
mint	1 bunch
Japanese dressing	1 packet (30g)
rice wine vinegar*	1 tsp
soy sauce*	½ tsp
slaw mix	1 bag (150g)
roasted peanuts	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	897kJ (214Cal)	454kJ (108Cal)
Protein (g)	7.3g	3.7g
Fat, total (g)	16.7g	8.5g
- saturated (g)	1.9g	1g
Carbohydrate (g)	12.9g	6.5g
- sugars (g)	8.4g	4.3g
Sodium (mg)	326mg	165mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Thinly slice the **spring onion** and **long red chilli** (if using). Trim and thinly slice the **sugar snap peas** lengthways. Pick and thinly slice the **mint** leaves.



Make the salad

Add the **slaw mix**, **spring onion** and **sugar snap peas** to the dressing and toss to combine.



Make the dressing

In a medium bowl, combine the **Japanese dressing**, **rice wine vinegar**, **soy sauce** and a drizzle of **olive oil**.



Serve up

Transfer the Asian sugar snap pea slaw to a serving plate. Top with the **roasted peanuts**, **mint** and **chilli** (if using).

Enjoy!