



Honey Soy & Sesame Chicken Strips

with Radish & Peanut Slaw

Grab your Meal Kit with this symbol



Sesame Seeds



Chicken Breast Strips



Radish



Coriander



Lemon



Carrot



Slaw Mix



Crushed Peanuts



Mayonnaise



Crispy Shallots



Hands-on: **10 mins**
Ready in: **15 mins**



Calorie Smart



Eat me early

Tender honey soy glazed chicken strips, creamy radish slaw and crispy shallots all in one – we promise, this combo is love at first bite! And second bite, and third bite... Pack it up and enjoy it for a lunch that'll be the envy of all.

Pantry items

Olive Oil, Soy Sauce, Honey

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.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
soy sauce*	2½ tbs
honey*	4 tsp
sesame seeds	1 sachet
chicken breast strips	1 packet
radish	2
coriander	1 bunch
lemon	½
carrot	1
slaw mix	1 bag (150g)
crushed peanuts	1 packet
mayonnaise	1 packet (40g)
crispy shallots	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2540kJ (607Cal)	544kJ (130Cal)
Protein (g)	38.9g	8.3g
Fat, total (g)	33.3g	7.1g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	35.5g	7.6g
- sugars (g)	19.4g	4.2g
Sodium (mg)	1409mg	302mg

The quantities provided above are averages only.

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.



Cook the chicken

In a small bowl, combine the **soy sauce**, **honey** and **sesame seeds**. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken breast strips** until cooked through, **3-4 minutes** each side. In the last **30 seconds**, add the **honey soy mixture** to the pan, turning the chicken to coat. Transfer to 2 small heatproof containers. Pour over any remaining pan juices. Refrigerate.



Pack your lunch

Slice the **lemon** into wedges. In a large bowl, combine the **radish**, **coriander**, **carrot**, **slaw mix** and **crushed peanuts**. Divide the **mayonnaise**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** between two separate containers. Season with **salt** and **pepper**, then stir to combine. Top with the **slaw**, then add the **crispy shallot** packets and remaining **lemon** wedges. Refrigerate.

TIP: Keeping the chicken separate will help keep the slaw fresh!

TIP: Packing the dressing on the bottom keeps the slaw crisp overnight!



Get prepped

While the chicken is cooking, thinly slice the **radish**. Roughly chop the **coriander**. Grate the **carrot**.



Serve up

At lunch, microwave the chicken for **2-3 minutes**, or until heated through. Toss the slaw to combine. Top with the chicken and sprinkle with crispy shallots. Serve with lemon wedges.

Enjoy!