



THAI-STYLE CHICKEN & ROAST SWEET POTATO SALAD

with Ginger Dressing & Peanuts



Make a Thai-style ginger dressing



Sweet Potato



Ginger



Garlic



Lime



Cucumber



Cherry Tomatoes



Coriander



Chicken Thigh



Thai Seven Spice Blend



Mixed Salad Leaves



Crushed Peanuts

Hands-on: **25 mins**
Ready in: **40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

Make way for this hearty main meal salad in your dinner rotation. With mildly spiced chicken and a fragrant hot oil dressing, this plate of bountiful greens and sweet potato will change the way you look at veggies!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, Rice Wine Vinegar (or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the sweet potato, a **drizzle of olive oil** and a **pinch of salt and pepper** onto the oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes**, or until tender. Allow to cool slightly before adding to the salad. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.*



4 COOK THE CHICKEN

Return the frying pan to a medium-high heat. Add the **chicken thigh** and cook, turning occasionally, for **10-14 minutes**, or until browned and cooked through. **TIP:** *Don't worry if the spice blend chars a little in the pan, this adds to the traditional flavour!*



2 PREP THE VEG & CHICKEN

While the sweet potato is roasting, finely grate the **ginger** and **garlic** (see ingredients list). Zest the **lime** to get a **generous pinch**, then cut into wedges. In a large heatproof bowl, combine the ginger, garlic and lime zest. Set aside. Roughly chop the **cucumber**. Halve the **cherry tomatoes**. Roughly chop the **coriander**. In a separate medium bowl, combine the **chicken thigh**, **Thai seven spice blend**, the **salt** and a **drizzle of olive oil**.



5 DRESS THE SALAD

Once the sweet potato has slightly cooled, add the **cucumber**, **cherry tomatoes**, **sweet potato** and **mixed salad leaves** to the ginger dressing in the large bowl and toss well to coat. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



3 MAKE THE DRESSING

In a large frying pan, heat the **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) over a high heat. Cook for **1 minute** or until just smoking, then carefully pour over the ginger mixture in the heatproof bowl. **TIP:** *The hot oil will bubble up and 'cook' the garlic and ginger.* Add the **soy sauce**, **brown sugar**, a **generous squeeze of lime juice** and the **rice wine vinegar** to the ginger mixture and mix well to combine.



6 SERVE UP

Thickly slice the chicken. Divide the salad between plates and top with the Thai-style chicken. Spoon over any resting juices from the chicken. Sprinkle with the **crushed peanuts** and coriander. Serve with the remaining lime wedges. **TIP:** *For the low-calorie option, omit the crushed peanuts.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
ginger	1 knob	2 knobs
garlic	½ clove	1 clove
lime	1	2
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
chicken thigh	1 packet	1 packet
Thai seven spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
soy sauce* (or gluten-free tamari soy sauce)	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
mixed salad leaves	1 bag (60 g)	1 bag (120 g)
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2130kJ (509Cal)	326kJ (78Cal)
Protein (g)	38.9g	6.0g
Fat, total (g)	20.3g	3.1g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	38.7g	5.9g
- sugars (g)	19.1g	2.9g
Sodium (g)	945mg	145mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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