



Smart Red Curry Chicken Salads

with Peanuts and Chilis

Carb Smart

Calorie Smart

Spicy

30 Minutes



Ground Chicken



Spring Mix



Red Chili Pepper



Red Curry Paste



Peanuts, chopped



Rice Vinegar



Green Onion



Sweet Chili Sauce



Carrot

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Medium bowl, vegetable peeler, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Spring Mix	113 g	227 g
Red Chili Pepper 🌶️	1	2
Red Curry Paste	4 tbsp	8 tbsp
Peanuts, chopped	28 g	56 g
Rice Vinegar	2 tbsp	4 tbsp
Green Onion	1	2
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Carrot	170 g	340 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Thinly slice green **onion**.
- Peel, then cut **carrot** into ¼-inch matchsticks.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



Cook chicken

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Add **curry paste**, **half the sweet chili sauce**, **2 tbsp water** (dbl for 4 ppl) and ¼ **tsp chilis**. (**NOTE:** Reference heat guide.)
- Remove from heat. Season with **salt** and **pepper**, to taste, then stir to combine.



Pickle carrots

- Add **vinegar**, **1 tbsp water** and **a pinch of salt** (dbl both for 4 ppl) to a medium microwaveable bowl. (**NOTE:** This is your pickling liquid.)
- Microwave in 15 sec increments, stirring between each, until **salt** dissolves.
- Add **carrots**, then stir to combine. Place in the fridge to cool.



Make salad

- Add **remaining sweet chili sauce**, **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add a pinch of sugar to the dressing, if desired!)
- Drain **pickled carrots**, discarding **remaining pickling liquid**.
- Add **carrots**, **spring mix** and **half the green onions** to the bowl with **dressing**. Toss to combine.



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on peanuts so they don't burn!)
- Transfer to a small bowl.



Finish and serve

- Divide **salad** between plates. Top with **chicken**, then **peanuts** and **remaining green onions**.
- Sprinkle **any remaining chilis** over top, if desired.

Dinner Solved!