



Soy-Hoisin, Lime and Sesame Chicken

with Asian Slaw

PRONTO 30 Minutes



Chicken Breasts



Hoisin-Soy Sauce Blend



Lime



Sesame Oil



Carrot



Ginger



Baby Kale



Kohlrabi



Sweet Chili Sauce

HELLO KOHLRABI

Also called the German turnip, is a veggie that is part of the cabbage family!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Paper Towels, Large Bowl, Whisk, Peeler, Zester, Box Grater, Small Bowl, Measuring Spoons

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Hoisin-Soy Sauce Blend	2 tbsp	4 tbsp
Lime	1	2
Sesame Oil	1 tbsp	2 tbsp
Carrot	170 g	340 g
Ginger	30 g	60 g
Baby Kale	113 g	227 g
Kohlrabi	225 g	450 g
Sweet Chili Sauce	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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



1. PREP

Peel, then coarsely grate **carrot** and **kohlrabi**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



4. MAKE SLAW

Whisk together **sweet chili sauce**, **sesame oil**, **1 tbsp lime juice** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **carrot**, **kohlrabi** and **baby kale**. Toss to coat. Set aside.



2. MAKE MARINADE

Whisk together the **hoisin-soy sauce blend**, **lime zest**, and **ginger** in a small bowl.



5. COOK CHICKEN

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, until golden-brown and cooked through, 4-5 min per side.** (Cook chicken in two batches for 4 ppl, using 1 tbsp oil for each batch!) Add **marinade** to the pan. Cook, flipping **chicken**, until coated, 1 min.



3. BUTTERFLY CHICKEN

Pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast** – lengthwise and parallel to the cutting board – leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.



6. FINISH AND SERVE

Slice **chicken**. Divide **Asian slaw salad** between plates and top with **chicken**. Drizzle over any **remaining marinade** from the pan. Squeeze over a **lime wedge**, if desired.

Dinner Solved!