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Vietnamese Chicken Noodle Salad with Roasted Cashews

We always find ourselves craving Vietnamese cuisine in the warmer months. It's always fresh and light, but big on flavour and plenty filling. This chicken noodle salad is no exception – thigh meat is wonderfully moist and can hold its own amongst bold chilli, capsicum, herbs and cashews.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



eat me
early



spicy

Pantry Items



Salt-Reduced
Soy Sauce



Brown
Sugar



Vermicelli Noodles



Long Red Chilli



Lime



Free Range
Chicken Thighs



Coriander



Fish Sauce



Warm Water



Mint



Carrot



Red Capsicum



Roasted Cashews

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2P	4P	Ingredients
½ packet	1 packet	vermicelli noodles (use correct amount)
2 tbs	4 tbs	salt-reduced soy sauce *
1	2	long red chilli, deseeded & finely chopped
1	2	lime, juiced
2 tsp	4 tsp	brown sugar *
2 tsp	4 tsp	fish sauce *
½ tbs	1 tbs	warm water *
1 packet	2 packets	free range chicken thighs
1 bunch	2 bunches	coriander, leaves picked
1 bunch	2 bunches	mint, leaves picked
1	2	carrot, peeled & grated
1	2	red capsicum, thinly sliced
1 packet	2 packets	roasted cashews

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2580	Kj
Protein	43.7	g
Fat, total	21.7	g
-saturated	5.5	g
Carbohydrate	59.4	g
-sugars	16.4	g
Sodium	991	mg

3



You will need: chef's knife, chopping board, vegetable peeler, kettle, large bowl, sieve, medium jug, medium bowl, medium frying pan and tongs.

1 Bring a full kettle of water to the boil.

2 Place the **vermicelli noodles** in a large bowl pour over the hot water and set aside to cook for **5-6 minutes**, or until softened. Drain and return to the bowl. Drizzle with a little olive oil so the noodles don't stick together.

Note: Using extra noodles will alter the flavor.

3 Meanwhile, in a medium jug combine the **salt-reduced soy sauce**, half the **long red chilli**, **lime juice**, **brown sugar**, **fish sauce** and **warm water**. Set aside.

4 Place the **chicken thighs** in a medium bowl. Pour over a third of the marinade and leave the rest in the jug.

5 Heat a medium lightly greased frying pan over a medium-high heat. Shake off the excess marinade and cook the chicken thigh for **3-4 minutes**, each side or until golden and cooked through. Remove from the heat and slice into 1 cm thick pieces.

6 Now assemble the salad, add the cooked chicken, **coriander** and **mint** (reserving some for the garnish), grated **carrot** and thinly sliced **red capsicum** to the noodles. Pour over the remaining sauce and toss to combine. (Caution: do not use sauce from the bowl of marinated chicken).

7 To serve, divide the salad between bowl. Top with **roasted cashews**, remaining herbs and long red chilli. Enjoy!

Did you know? Cashews are technically seeds, not nuts!

4



5



6

