



NUTRITION *per serving* 21g carbohydrates 22g fat 52g protein 1471mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free



Calories
494



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 5 Cilantro Sprigs
- 1 Lime
- 1 oz. Roasted Peanuts
- 1 Red Bell Pepper
- 5 oz. Edamame
- 2 Boneless Skinless Chicken Breasts
- ¼ fl. oz. Fish Sauce
- 8 oz. Slaw Mix
- 2 tsp. Sriracha

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Medium Non-Stick Pan

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HOME CHEF

Thai Chicken Salad

with edamame-cilantro slaw and peanuts

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Lime zest** is used twice. Half is added to **dressing** and remaining tops **chicken**.
- A little goes a long way when it comes to **fish sauce**. Add half at first, add **slaw** to **dressing**, and taste. Add more if desired.
- **Heads Up! Cilantro** is used twice. Half is added to **slaw** and remaining garnishes dish.
- If you can't stand **cilantro**, you're not alone. Natural chemicals present in cilantro can taste "soapy" to some eaters. Feel free to omit.
- **Spice Alert! Sriracha** is today's hot sauce du jour. Its garlicky-chile flavor complements just about everything. Use to taste or omit for less spice.

FROM THE CHEF

To get the most beautiful sear on the chicken, make sure your pan is hot, put the smooth side of the chicken breast down first, gently press in place for a few seconds, and then try not to move the chicken for the first 2-3 minutes.

Did you know...

Edamame is a preparation of immature soybeans in the pod, found in many Asian cuisines. When the beans are outside the pod, like in this dish, the term mukimame is sometimes used.



1

Prepare the Ingredients

Mince **cilantro** leaves and stems. Zest **lime** and halve. Juice half and quarter the other half. Coarsely chop **peanuts**. Stem, seed, and slice **red bell pepper** into ¼" strips. Halve strips. Rinse **edamame** under warm water if still frozen and drain. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



4

Cook the Chicken

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook on one side until browned, 3-5 minutes. Reduce heat to medium, flip chicken, and sprinkle tops with remaining **lime zest**. Cook until chicken is firm and reaches a minimum internal temperature of 165 degrees, 6-10 minutes. Remove chicken from pan and rest 3 minutes.



2

Make the Dressing

In a large mixing bowl, combine 1½-2 Tbsp. **lime juice**, **half the lime zest** (reserve remaining for chicken), 2 Tbsp. **olive oil**, and **half the fish sauce** (reserve remaining for slaw). Season with ½ tsp. **salt** and a pinch of **pepper** and stir.



5

Slice the Chicken

Once rested, cut **chicken** into ½" slices.



3

Make the Slaw

To bowl containing dressing, add **slaw mix**, **edamame**, **red bell pepper** and **half the cilantro** (reserve remaining for garnish). Toss to coat. Taste, and add remaining **fish sauce** if desired. Toss again and set aside for flavors to marry.



6

Plate the Dish

Place **salad** on plate and sliced **chicken** in front of salad. Garnish salad with **peanuts**, remaining **cilantro**, **lime wedges**, and **Sriracha** (to taste).