



ASIAN CABBAGE SALAD WITH CHICKEN TENDERS & DIPPING SAUCES

Whether it's a mid-week family meal, or the whole neighbourhood is coming over for dinner, our crispy chicken tenders, selection of dipping sauces and this delicious fresh salad, will be sure to please everyone.

SERVES 4

PREP: 20 MINS

COOK: 20 MINS

WHAT YOU NEED INGREDIENTS

- 1 kg bag frozen Ingham's Crumbed Chicken Tenders Original
- ½ wombok cabbage (approx. 1 kg), core removed, coarsely chopped
- 2 Lebanese cucumbers, halved lengthways, thinly sliced diagonally
- 2 green spring onions, thinly sliced diagonally
- 5 bulbs radish, trimmed thinly sliced
- 1 large avocado, sliced
- Pickled ginger (optional), to serve

Dressing

- ¼ cup salt-reduced soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon lime juice
- 3 teaspoons sesame oil
- 2 teaspoons white sugar
- 1 tablespoon black and toasted white sesame seeds





Dinner
DONE

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HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced).
2. Cook Crumbed Chicken Tenders according to oven directions on packet.
3. To make dressing, combine all ingredients in a jar and shake to combine.
4. Layer cabbage, cucumber, onion and radish in a large bowl and toss to combine. Transfer to a serving bowl. Top with avocado and ginger. Drizzle with dressing.
5. Serve chicken tenders with dipping sauces, or slice and layer on top of the salad.

SWITCH IT UP...

- Swap out Original Tenders for Sweet Chilli Tenders for that extra kick!
- Prefer an Air Fryer? Follow instructions on pack.

INGHAM'S
Always Good



Dinner
DONE

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Why not whip up any of these delicious sauces yourself, or if you're short on time, grab your favourites from the supermarket and enjoy!

TERIYAKI SAUCE

- ½ cup soy sauce
 - ¼ cup brown sugar
 - ¼ cup mirin
 - 1 teaspoon sesame oil
 - 1 teaspoon finely grated ginger
 - 1 crushed garlic clove
 - 2 teaspoons cornflour
1. Combine soy sauce, brown sugar, mirin, sesame oil, ginger and garlic in a small saucepan.
 2. Blend cornflour with 2 tablespoons water in a bowl and add to saucepan.
 3. Stir over a low heat until sugar is dissolved. Bring to boil. Reduce heat to simmer and cook for about 8 minutes, until thickened slightly.
 4. Remove and cool. Makes ¾ cup.

FRENCH AIOLI

- 1 small garlic clove
 - 2 teaspoons Dijon mustard
 - 2 teaspoons honey
 - 1 tablespoon lemon juice
 - 1 egg
 - ¾ cup light olive oil
 - 2 teaspoons cornflour
1. Blend garlic, Dijon mustard, honey, and lemon juice in a beaker with a stick blender until garlic is crushed.
 2. Add egg and olive oil and blend until emulsified. Season with salt and pepper. Makes 1 ⅓ cups.

JAPANESE SAUCE

- ⅔ cup kewpie mayonnaise
 - 2 teaspoons soy sauce
 - 2 teaspoons toasted sesame seeds
 - 1 teaspoon sesame oil
 - 1 finely chopped green spring onion
 - ½ teaspoon finely grated fresh ginger
1. Combine all ingredients in a bowl. Season with salt and pepper. Makes ¾ cup.

INGHAM'S
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