



Zesty Honey Chicken Strips & Celery Slaw

with Creamy Parsnip-Potato Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsnip



Lemon



Celery



Radish



Spring Onion



Garlic



Garlic & Herb Seasoning



Chicken Breast Strips



Slaw Mix



Dill & Parsley Mayonnaise



Chicken Breast Strips

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*
**Custom Recipe is not Carb Smart*



Eat Me Early

Here comes the much-loved flavour combination of sweet and sour. Take your chicken dinner to new levels by coating it in lemon and honey. A creamy potato salad on the side and everyone will be surprised by how irresistible this dish is. Who wants seconds?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
parsnip	1	2
lemon	½	1
celery	1 stalk	2 stalks
radish	2	4
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast strips	1 packet	1 packet
honey*	2 tsp	4 tsp
slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1989kJ (475Cal)	380kJ (91Cal)
Protein (g)	37.9g	7.2g
Fat, total (g)	22.3g	4.3g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	37.2g	7.1g
- sugars (g)	18.4g	3.5g
Sodium (mg)	809mg	154mg
Dietary Fibre (g)	7.7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654Cal)	400kJ (96Cal)
Protein (g)	70.4g	10.3g
Fat, total (g)	27.6g	4g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	37.2g	5.4g
- sugars (g)	18.4g	2.7g
Sodium (mg)	892mg	130mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the veggies

- Boil the kettle. Cut **potato** into bite-sized chunks. Peel **parsnip**, then cut into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and a good pinch of **salt**.
- Cook **potato** and **parsnip** in the boiling water, over medium-high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **veggies** to the pan. Season to taste and set aside.



Make the slaw

- Meanwhile, combine **slaw mix**, **celery**, **radish** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste and set aside.



Get prepped

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges. Thinly slice **celery**, **radish** and **spring onion**. Finely chop **garlic**.
- In a medium bowl, combine **lemon zest**, **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken breast strips**, season with **salt** and **pepper** and toss to coat.

Little cooks: Under adult supervision, older kids can help grate the zest.



Finish the potato salad

- To the saucepan with the veggies, add **spring onion**, **dill & parsley mayonnaise**, a squeeze of **lemon juice** and a generous pinch of **salt** and **pepper**. Toss to combine.

Little cooks: Easy peasy, lemon squeezy! Kids can squeeze the lemon over the salad.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, add the **honey** and turn **chicken** to coat.

Custom Recipe: If you've doubled your chicken breast strips, cook in batches for the best results, returning all chicken to the pan before adding the honey as above.



Serve up

- Divide zesty honey chicken strips, creamy parsnip-potato salad and celery slaw between plates.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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