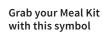


# Spiced Chicken & Cos Walnut Salad with Dijon Hollandaise

**NEW** 

DIETITIAN APPROVED













Cucumber



Boneless Chicken Drumsticks



All-American Spice



Walnuts



Dijon Mustard







Prep in: 15-25 mins Ready in: 20-30 mins

**Carb Smart** 



If you think this is a normal chicken and cos lettuce salad then think again! This version is bursting with pleasant surprises like walnuts for a sweet crunch and a dijon hollandaise dressing because we can't get enough of this punchy flavour combo. Chicken salad has now been upgraded to special level.



# 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

Large frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cos lettuce	½ head	1 head	
apple	1	2	
cucumber	1 (medium)	1 (large)	
boneless chicken drumsticks	1 packet	1 packet	
All-American spice blend	1 sachet	1 sachet	
walnuts	1 packet	2 packets	
honey*	1 tsp	2 tsp	
dijon mustard	½ packet	1 packet	
hollandaise	1 medium packet	2 medium packets	
boneless chicken drumsticks**	1 packet	1 packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1760kJ (421Cal)	449kJ (107Cal)
Protein (g)	32.7g	8.3g
Fat, total (g)	24.6g	6.3g
- saturated (g)	3.8g	1g
Carbohydrate (g)	15.1g	3.9g
- sugars (g)	12.2g	3.1g
Sodium (mg)	999mg	255mg
Dietary Fibre (g)	5.2g	1.3g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	454kJ (109Cal)
Protein (g)	61.5g	11.1g
Fat, total (g)	31.1g	5.6g
- saturated (g)	5.7g	1g
Carbohydrate (g)	15.1g	2.7g
- sugars (g)	12.2g	2.2g
Sodium (mg)	1133mg	205mg
Dietary fibre	5.2g	0.9g

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.



### Get prepped

- Finely shred cos lettuce (see ingredients). Thinly slice apple into wedges.
  Slice cucumber into rounds.
- Cut boneless chicken drumsticks into 2cm chunks.
- In a medium bowl, combine chicken, All-American spice blend and a drizzle of olive oil. Set aside.

**Custom Recipe:** If you've doubled your boneless chicken drumsticks, prep them in a large bowl instead.



#### Toss the salad

- Meanwhile, combine dijon mustard (see ingredients), hollandaise and a drizzle of olive oil in a large bowl. Set aside.
- Add cos lettuce to the dressing, along with apple and cucumber. Season with salt and pepper and toss to combine.



#### Cook the chicken

- Heat a large frying pan over medium-high heat. Toast walnuts, tossing, until golden, 3-4 minutes. Transfer to a small bowl.
- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing, until browned, 6-8 minutes.
- Remove pan from heat, add the **honey** and turn **chicken** to coat.

TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: Cook chicken in batches for the best results.



# Serve up

- Divide cucumber-cos salad between bowls.
- Top with spiced chicken. Garnish with walnuts. Enjoy!