



Spiced Chicken & Cos Walnut Salad

with Dijon Hollandaise

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Cos Lettuce



Apple



Cucumber



Boneless Chicken Drumsticks



All-American Spice Blend



Walnuts



Dijon Mustard



Hollandaise



Boneless Chicken Drumsticks

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



Eat Me Early



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.

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

Pantry items

Olive Oil, Honey

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

	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

*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.

1



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.

3



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.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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