



# Louisiana Chicken & Charred Corn Salad

with Wholemeal Garlic Croutons & Dill-Parsley Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Avocado



Garlic



Corn



Wholemeal Panini



Chicken Drumstick Fillet



Louisiana Spice Blend



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Cow's Milk Feta

Prep in: 10-20 mins  
Ready in: 20-30 mins

Eat Me Early

You're not going to believe how simple it is to make this charred corn and chicken salad yourself, from crunchy wholemeal croutons to herby mayo and tender smokey chicken. Once you've got this baby down, dinner time will be a breeze.

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

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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
<b>olive oil*</b>	refer to method	refer to method
avocado	1 (small)	1 (large)
garlic	2 cloves	4 cloves
corn	1 cob	2 cobs
wholemeal panini	1	2
chicken drumstick fillet	1 packet	1 packet
<b>butter*</b>	15g	30g
Louisiana spice blend	1 sachet	2 sachets
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta**	½ packet (95g)	1 packet (190g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2812kJ (672Cal)	717kJ (171Cal)
Protein (g)	37.5g	9.6g
Fat, total (g)	42.1g	10.7g
- saturated (g)	10.1g	2.6g
Carbohydrate (g)	31.6g	8.1g
- sugars (g)	7.6g	1.9g
Sodium (mg)	1429mg	365mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3724kJ (890Cal)	765kJ (183Cal)
Protein (g)	50.6g	10.4g
Fat, total (g)	60.4g	12.4g
- saturated (g)	22.2g	4.6g
Carbohydrate (g)	31.6g	6.5g
- sugars (g)	7.6g	1.6g
Sodium (mg)	2474mg	508mg

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](https://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

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## Get prepped

- Slice **avocado** in half, scoop out flesh and roughly chop. Finely chop **garlic**. Slice kernels off **corn cob**. Cut or tear **wholemeal panini** into bite-sized chunks.
- Cut **chicken drumstick fillet** into 2cm chunks.

**Little cooks:** Take charge and help tear the panini into chunks!

3



## Cook the chicken

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken, corn** and **Louisiana spice blend**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Remove from heat.
- Meanwhile, add **mixed salad leaves, avocado** and a drizzle of **white wine vinegar** and **olive oil** to the **croutons**. Season to taste.

2



## Toast the croutons

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Toast **panini** chunks until golden and slightly crisp, **5-6 minutes**.
- Add the **butter** and **garlic** and cook, tossing, until melted and fragrant, **1 minute**. Season to taste, then transfer to a large bowl.

4



## Serve up

- Divide wholemeal crouton salad between bowls.
- Top with Louisiana chicken and charred corn.
- Dollop over **dill & parsley mayonnaise** to serve. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the herby mayo!

**Custom Recipe:** If you've added cow's milk feta, crumble over the salad to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)