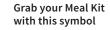


# Louisiana Chicken & Charred Corn Salad

with Wholemeal Garlic Croutons & Dill-Parsley Mayo

KID FRIENDLY

**CLIMATE SUPERSTAR** 













Corn

Wholemeal Panini



Chicken Drumstick



Louisiana Spice





Mixed Salad Leaves



Dill & Parsley Mayonnaise



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

You're not going to believe how simple it is to make this charred corn and chicken salad yourself, from crunchy wholemeal



Eat Me Early

croutons to herby mayo and tender smokey chicken. Once you've got this baby down, dinner time will be a breeze.

# 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

<b>-</b>		
	2 People	4 People
olive oil*	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
butter*	15g	30g
Louisiana spice blend	1 sachet	2 sachets
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta**	½ packet (95g)	1 packet (190g)

<sup>\*</sup>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)	<b>765kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





# 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!



#### 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.



#### 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.



# 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.

We're here to help!