



Smokey Kiwi Chicken & Charred Corn Salad

with Wholemeal Garlic Croutons & Dill-Parsley Mayo

KIWI FLAVOURS

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Apple



Sweetcorn



Wholemeal Panini



Garlic Paste



Chicken Breast Strips



Kiwi Spice Blend



Slaw Mix



Dill & Parsley Mayonnaise



Diced Bacon

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



Calorie Smart*
**Custom Recipe is not Calorie Smart*



Eat Me Early

Load up your plates with juicy chicken flavoured with our Kiwi spice blend! This blend was designed specifically with our Kiwi customers in mind, providing a smokey, savoury taste sensation. Paired with pops of charred corn and a chunky crouton salad, this meal is sure to delight!

CUSTOM RECIPE

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

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
apple	1	2
sweetcorn	1 medium tin	1 large tin
wholemeal panini	1	2
butter*	25g	50g
garlic paste	1 small packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
slaw mix	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (647Cal)	646kJ (154Cal)
Protein (g)	39g	9.3g
Fat, total (g)	36.7g	8.8g
- saturated (g)	10.8g	2.6g
Carbohydrate (g)	40.9g	9.8g
- sugars (g)	14.8g	3.5g
Sodium (mg)	1099mg	262mg
Dietary Fibre (g)	5.8g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3292kJ (787Cal)	702kJ (168Cal)
Protein (g)	46.9g	10g
Fat, total (g)	48.9g	10.4g
- saturated (g)	15.2g	3.2g
Carbohydrate (g)	40.9g	8.7g
- sugars (g)	14.8g	3.2g
Sodium (mg)	1498mg	319mg
Dietary fibre	5.8g	1.2g

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

2024 | CW24



Get prepped

- Thinly slice **apple**. Drain **sweetcorn**. Cut or tear **wholemeal panini** into bite-sized chunks.

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



Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken breast strips**, **sweetcorn** and **Kiwi spice blend**, tossing occasionally, until browned and cooked through, **3-4 minutes** each side. Remove from heat.
- Meanwhile, to the bowl with **croutons**, add **slaw mix**, **apple** and **dill & parsley mayonnaise**. Toss to combine. Season to taste.

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

Custom Recipe: If you've added diced bacon, cook along with chicken, breaking up with a spoon, until golden, 6-7 minutes.



Toast the croutons

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



Serve up

- Divide wholemeal crouton salad between bowls.
- Top with smokey Kiwi chicken and charred corn. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate