

# Smokey Kiwi Chicken & Charred Corn Salad with Wholemeal Garlic Croutons & Dill-Parsley Mayo

KIWI FLAVOURS

NEW

KID FRIENDLY













Wholemeal Panini



Garlic Paste



Chicken Breast



Kiwi Spice Blend

Strips



Slaw Mix



Dill & Parsley Mayonnaise





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

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!



## 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

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	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

<sup>\*</sup>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.

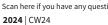
### **Allergens**

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





# 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!



#### 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.



#### 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.



# Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

