

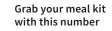
Honey-Herb Chicken Strips & Slaw with Creamy Parsnip-Potato Salad

MEDITERRANEAN

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR

















Celery

White Turnip





Garlic & Herb



Seasoning





Slaw Mix



Dill & Parsley Mayonnaise





Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





Here comes the much-loved flavour combination of sweet and sour. Take your chicken dinner to new levels by coating it in lemon and honey. A creamy potato salad on the side and everyone will be surprised by how irresistible this dish is. Who wants seconds?

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
parsnip	1	2	
lemon	1/2	1	
celery	1 stalk	2 stalks	
white turnip	1	1	
spring onion	1 stem	2 stems	
garlic & herb seasoning	1 medium sachet	1 large sachet	
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet	
honey*	2 tsp	4 tsp	
slaw mix	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2160kJ (516cal)	203kJ (49cal)
Protein (g)	37.8g	3.6g
Fat, total (g)	26g	2.4g
- saturated (g)	3.5g	0.3g
Carbohydrate (g)	37g	3.5g
- sugars (g)	22g	2.1g
Sodium (mg)	754mg	70.9mg
Dietary Fibre (g)	6g	0.6g

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.



Cook the veggies

- Boil the kettle. Half-fill a medium saucepan with boiling water and a good pinch of **salt**.
- Peel potato and parsnip, then cut into bite-sized chunks.
- Cook potato and parsnip in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- Drain and return to the pan. Season to taste and set aside.



Get prepped

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges.
- Thinly slice **celery**, **turnip** and **spring onion**.
- In a medium bowl, combine lemon zest, garlic & herb seasoning and a drizzle of olive oil. Add chicken breast strips, season with salt and pepper and toss to coat.

Little cooks: *Under adult supervision, older kids can help grate the zest.*



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken strips until browned and cooked through, 3-4 minutes each side.
- Remove pan from heat, add the honey and turn chicken to coat.



Make the slaw

 Meanwhile, combine slaw mix, celery, turnip and a drizzle of vinegar and olive oil in a large bowl. Season to taste and set aside.



Finish the potato salad

 To the saucepan with the veggies, add spring onion, dill & parsley mayonnaise, a squeeze of lemon juice and and a generous pinch of salt and pepper. Toss to combine.

Little cooks: Easy peasy, lemon squeezy! Kids can squeeze the lemon over the veggies.



Serve up

- Divide honey-herb chicken strips, creamy parsnip-potato salad and slaw between plates.
- Serve with any remaining lemon wedges. Enjoy!









Cook until cooked through, 3-4 minutes each side. Rest before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

