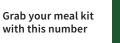


# Pulled Chicken & Herby Potato Salad

with Garlic Yoghurt, Almonds & Parmesan Cheese

MEDITERRANEAN

AIR FRYER FRIENDLY

















Cos Lettuce



Flaked Almonds





Pulled Chicken



Balsamic & Olive Oil Dressing



Grated Parmesan Cheese





Prep in: 15-25 mins Ready in: 30-40 mins

**Carb Smart** 



**Protein Rich** 

Feeling like something fresh and tasty, lower in carbs and easy, may we present our pulled chicken, seasoned with garlic and herbs. Tender and simply yum, resting on top of a crisp salad, sprinkled with Parmesan cheese and garnished with almonds, this dish is perfect light meal!

**Pantry items** 

Olive Oil, Honey or Golden Syrup

## 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

Airfryer or oven tray lined with baking paper  $\cdot$  Large frying pan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1 (medium)	1 (large)
cos lettuce	½ head	1 head
garlic	3 cloves	6 cloves
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
pulled chicken	1 medium packet	2 medium packets OR 1 large packet
honey or golden syrup**	1 tsp	2 tsp
balsamic & olive oil dressing	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1743kJ (417cal)	171kJ (41cal)
Protein (g)	34g	3.3g
Fat, total (g)	16.5g	1.6g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	34.3g	3.4g
- sugars (g)	20.6g	2g
Sodium (mg)	832mg	81.6mg
Dietary Fibre (g)	5.4g	0.5g

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.



# Air fry the potato

- Cut potato into bite-sized chunks.
- Set your air fryer to 200°C. Place potato into the air fryer basket. Sprinkle
  over half the garlic & herb seasoning and drizzle with olive oil and cook
  for 10 minutes. Shake the basket, then cook until golden, a further
  10-15 minutes.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan forced. Prep potato as above. Place potato on a lined oven tray and flavour as above. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



#### Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook remaining garlic & herb seasoning and remaining garlic until fragrant, 1 minute.
- Add pulled chicken and cook, breaking up with a spoon, until browned,
   2-3 minutes
- Remove pan from heat, add the honey or golden syrup and a splash of water, toss to coat.



## Get prepped

- Meanwhile, roughly chop tomato, cucumber and cos lettuce (see ingredients). Finely chop garlic.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl.
- Retun frying pan to medium-high heat with a drizzle of olive oil. Cook half the garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine. Season with salt and pepper. Set aside.



## Serve up

- In a large bowl, combine herby roasted potatoes, tomato, cucumber, cos lettuce and a drizzle of balsamic & olive oil dressing. Season to taste.
- Divide pulled chicken and herby potato salad between bowls.
- Top with pulled chicken, garlic yoghurt and grated Parmesan cheese.
- · Garnish with toasted almonds to serve. Enjoy!









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

