



Pulled Chicken & Herby Potato Salad

with Garlic Yoghurt, Almonds & Parmesan Cheese

MEDITERRANEAN

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Potato



Garlic & Herb Seasoning



Tomato



Cucumber



Cos Lettuce



Garlic



Flaked Almonds



Greek-Style Yoghurt



Pulled Chicken



Balsamic & Olive Oil Dressing



Grated Parmesan Cheese



Pulled Chicken



Grated Parmesan Cheese

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

Protein Rich

Carb Smart

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 · Large frying pan

Ingredients

	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

*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.

1



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.

3



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.

2



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.
- Return 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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS

+ **DOUBLE PULLED CHICKEN**
Follow method above.

+ **DOUBLE GRATED PARMESAN CHEESE**
Follow method above.

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

