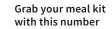


# Honey-Herb Chicken Strips & Slaw with Creamy Parsnip-Potato Salad

MEDITERRANEAN

HELLOHERO

CLIMATE SUPERSTAR















Lemon





Radish



Garlic & Herb Seasoning



Chicken Breast Strips

**Spring Onion** 



Slaw Mix



Dill & Parsley Mayonnaise





Loin Steak



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

9			
	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	
radish	2	4	
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	

<sup>\*</sup>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. Cut **potato** and parsnip 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 **potato** 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**, **radish** 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, in a large bowl, combine slaw mix, celery, radish and a drizzle of vinegar and olive oil.
- 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 salad.



# 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.

