

# 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



Flaked Almonds



Tomato



Cucumber



Cos Lettuce



Garlic



Greek-Style Yoghurt



Pulled Chicken



Balsamic Glaze



Grated Parmesan Cheese




Grated Parmesan Cheese



Pulled Chicken

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

 Protein Rich

 Carb Smart

Feeling like something fresh and tasty, low-carb and easy? May we present our Greek-style pulled chicken seasoned in garlic. Tender and simply yum, resting on top of a crisp salad, sprinkled with cheese and garnished with almonds, this dish is perfect to ring in the spring days (or any day for that matter)!

### 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

Air fryer or Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
tomato	1	2
cucumber	1 medium	1 large
cos lettuce	½ head	1 head
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
pulled chicken	1 medium packet	2 medium packets OR 1 large packet
<b>honey or golden syrup*</b>	1 tsp	2 tsp
balsamic glaze	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast 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** and a splash of **water** and 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 glaze**. Season to taste.
- Divide 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 | CW38



**CUSTOM  
OPTIONS**



**DOUBLE GRATED PARMESAN CHEESE**

Follow method above.



**DOUBLE PULLED CHICKEN**

Follow method above.

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

