



Honey-Herb Chicken Strips & Slaw

with Creamy Parsnip-Potato Salad

MEDITERRANEAN

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

38



Potato



Parsnip



Lemon



Celery



Pear



Spring Onion



Garlic & Herb Seasoning



Chicken Breast Strips



Slaw Mix



Dill & Parsley Mayonnaise



Chicken Breast Strips



Beef Strips

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

Carb Smart

Eat Me Early

Protein Rich

Take your chicken dinner to new levels by coating it in lemon and honey and pairing it with a creamy potato salad on the side. 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 | ½ | 1 |
| celery | 1 stalk | 2 stalks |
| pear | 1 | 2 |
| 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](https://www.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 **veggies** to the pan. Season to taste with **salt** and **pepper**, then set aside.



Make the slaw

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



Get prepped

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

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



Finish the potato salad

- To the saucepan with the veggies, add **spring onion**, **dill & parsley mayonnaise**, a squeeze of **lemon juice** 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.



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.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST STRIPS

Follow method above, cooking in batches if necessary.

↻ SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

