



American Chicken & Charred Corn Salad

with Wholemeal Garlic Croutons & Dill-Parsley Mayo

KID FRIENDLY

Grab your meal kit with this number

11



Avocado



Garlic



Sweetcorn



Wholemeal Panini



Chicken Breast



All-American Spice Blend



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Shredded Cheddar Cheese



Diced Bacon

Prep in: 10-20 mins
Ready in: 20-30 mins



Protein Rich



Eat Me Early

You're not going to believe how simple it is to make this charred corn and chicken salad yourself. From the crunchy wholemeal croutons to the tender smokey chicken, once you've got this baby down, dinner time will be a breeze.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 (small)	1 (large)
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
wholemeal panini	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
butter*	15g	30g
All-American spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654cal)	367kJ (88cal)
Protein (g)	42.1g	5.7g
Fat, total (g)	37.9g	5.1g
- saturated (g)	8.7g	1.2g
Carbohydrate (g)	33.8g	4.5g
- sugars (g)	8.8g	1.2g
Sodium (mg)	1109mg	148.9mg
Dietary Fibre (g)	7.4g	1g

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.



Get prepped

- Slice **avocado** in half, scoop out flesh and roughly chop.
- Finely chop **garlic**.
- Drain **sweetcorn**.
- Cut or tear **wholemeal panini** into bite-sized chunks.
- Cut **chicken breast** into 2cm chunks.

Little cooks: Take charge and help tear the panini into chunks!



Cook the chicken

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken, sweetcorn** and **All-American spice blend**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Remove from heat.
- Meanwhile, to the bowl with the croutons, add **mixed salad leaves, avocado** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

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



Toast the croutons

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Toast **panini chunks** until golden and slightly crisp, **5-6 minutes**.
- Add the **butter** and **garlic** and cook, tossing until melted and fragrant, **1 minute**.
- Season to taste with **salt** and **pepper**, then transfer to a large bowl.



Serve up

- Divide wholemeal garlic crouton salad between bowls.
- Top with American chicken and charred corn.
- Dollop over **dill & parsley mayonnaise** to serve. Enjoy!

Little cooks: Add the finishing touch by dolloping over the herby mayo!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over before serving.

+ **ADD DICED BACON**
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

