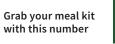


# Garlicky Chicken & Cauliflower Rice with Apple Salad & Creamy Pesto Dressing

CLIMATE SUPERSTAR

NEW













Cauliflower Rice

Chicken-Style Stock Powder



Seasoning

Chicken Breast Strips







Onion Chutney



Mixed Salad Leaves





Prep in: 15-25 mins Ready in: 15-25 mins Eat Me Early





This beaming bowl of goodness is packed with colours and flavours! Herby, garlicky chicken in an onion chutney marinade sits atop a bed of fluffy, carrot-speckled cauliflower rice with a crisp apple salad and a creamy green pesto dressing. We can't wait to dive in.

#### **Pantry items**

Olive Oil, Butter, Honey, Balsamic 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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	1 clove	2 cloves	
carrot	1	2	
butter*	20g	40g	
cauliflower rice	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet	
onion chutney	1 medium packet	1 large packet	
apple	1	2	
mixed salad leaves	1 small packet	1 medium packet	
honey*	1 tsp	2 tsp	
balsamic vinegar*	drizzle	drizzle	
creamy pesto dressing	1 medium packet	2 medium packets	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506cal)	213kJ (51cal)
Protein (g)	36.1g	3.6g
Fat, total (g)	26.8g	2.7g
- saturated (g)	8.5g	0.9g
Carbohydrate (g)	29.3g	3g
- sugars (g)	20.8g	2.1g
Sodium (mg)	1305mg	131.4mg
Dietary Fibre (g)	5.8g	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 cauliflower rice

- Finely chop garlic. Grate carrot.
- In a large frying pan, heat **butter** and a drizzle of **olive oil** over high heat.
- Cook garlic until fragrant, 1 minute.
- Add cauliflower rice, carrot and chicken-style stock powder and cook, until softened, 2-4 minutes.
- Transfer to serving bowls and cover to keep warm.



#### Cook chicken

- Meanwhile, in a large bowl combine garlic & herb seasoning and a drizzle of olive oil. Add chicken breast strips, toss to coat.
- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook **chicken** until charred and cooked through, **3-4 minutes** each side.
- In the last minute, add **onion chutney** to pan and turn to coat.

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



## Assemble salad

- While chicken is cooking, thinly slice apple into wedges.
- In a bowl combine apple, mixed salad leaves, honey, a drizzle of balsamic vinegar and olive oil.
- Season to taste.

**CUSTOM** 

**OPTIONS** 



## Serve up

- Top cauliflower rice with garlicky chicken.
- Serve with apple salad.
- Top with **creamy pesto dressing**. Enjoy!



