



Easy "Fried" Chicken & Avocado Salad

with Charred Capsicum & Mayonnaise

SUMMER SALADS

KIWI FLAVOURS

NEW

Grab your meal kit with this number

14



Cos Lettuce



Capsicum



Avocado



Chicken Thigh



Kiwi Spice Blend



Cornflour



Mayonnaise



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

Fried chicken in a crunchy cos salad is the food love affair we never knew we needed. The chicken is crispy and golden, with a touch of smokiness from our Kiwi spice blend and the salad is fresh and vibrant, with charred capsicum and creamy avo tossed through. A drizzle of mayo pulls it all together!

Pantry items

Olive Oil, Plain Flour, 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
cos lettuce	1 head	2 heads
capsicum	1	2
avocado	1 (small)	1 (large)
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2494kJ (596Cal)	674kJ (161Cal)
Protein (g)	32.1g	8.7g
Fat, total (g)	47.2g	12.7g
- saturated (g)	9g	2.4g
Carbohydrate (g)	16.9g	4.6g
- sugars (g)	3.3g	0.9g
Sodium (mg)	680mg	184mg
Dietary Fibre (g)	6.1g	1.6g

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.

1



Get prepped

- Roughly chop **cos lettuce**.
- Slice **capsicum** into strips.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Using paper towel, pat **chicken thigh** dry and cut into 2cm chunks.
- In a medium bowl, combine **chicken**, **Kiwi spice blend** and the **olive oil** (½ tbs for 2 people / 1 tbs for 4 people). Set aside.

3



Cook the chicken

- To chicken mixture, add **cornflour** and the **plain flour** and toss to coat.
- Wipe out and return frying pan to high heat, with enough **olive oil** to coat the base. When oil is hot, dust off any excess **flour** from **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

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

2



Cook the capsicum

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a large bowl.

4



Serve up

- To the bowl with the charred capsicum, add cos lettuce, avocado and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide avocado salad between bowls.
- Top with 'fried' chicken. Drizzle over **mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS

+ **ADD GRATED PARMESAN 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.

