



Spiced Chicken & Asparagus Salad

with Apple & Mustard Dressing

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

4



Asparagus



Radish



Apple



Nan's Special Seasoning



Chicken Thigh



Dijon Mustard



Mixed Salad Leaves



Grated Parmesan Cheese



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

This fresh feast is like springtime in a bowl! A salad of tender asparagus, juicy chicken thigh in a honey glaze, and tart-and-sweet apple is exactly what we need for a light yet satisfying meal. Toss it all together in a bowl and get a bit of everything in one bite - this combo isn't to be missed!

Pantry items

Olive Oil, Honey

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
asparagus	1 bunch	2 bunches
radish	1	2
apple	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
dijon mustard	½ medium packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1319kJ (315cal)	163kJ (39cal)
Protein (g)	33.2g	4.1g
Fat, total (g)	18.5g	2.3g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	10.1g	1.2g
- sugars (g)	8.5g	1g
Sodium (mg)	339mg	41.9mg
Dietary Fibre (g)	5.3g	0.7g

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

- Trim ends of **asparagus** and halve.
- Thinly slice **radish**.
- Thinly slice **apple** into sticks.
- In a bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat. Season with **salt** and **pepper**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **chicken thigh** and cook, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, add the **honey** and turn to coat.

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



Cook the asparagus

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **asparagus** until tender, **5-6 minutes**. Add a dash of **water** to pan to help **asparagus** cook. Transfer to a bowl.



Serve up

- In a large bowl, combine **dijon mustard** (see ingredients) and a drizzle of olive oil. Add cooked asparagus, **mixed salad leaves**, radish, and apple. Toss to combine and season to taste.
- Slice chicken.
- Divide asparagus salad between bowls.
- Top with spiced chicken 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.

