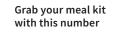


# Easy Pulled Chicken & Potato Salad with Garlic Yoghurt, Almonds & Parmesan

MEDITERRANEAN

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR









Seasoning





Cucumber

Cos Lettuce



Pulled Chicken

Yoghurt

Balsamic & Olive Oil Dressing



**Grated Parmesan** Cheese





Prep in: 15-25 mins Ready in: 30-40 mins

**Carb Smart** 



Feeling like something fresh and tasty, low-carb and easy? May we present our Greek-style pulled chicken seasoned in garlic. Tender and simply yum, resting on top of a crisp salad, sprinkled with cheese and garnished with almonds, this dish is perfect to ring in these warmer spring days (or any day for that matter)!



Olive Oil, Honey (or Golden Syrup)

## 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

Air fryer or oven tray lined with baking paper  $\cdot$  Large frying pan

## Ingredients

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1 (medium)	1 (large)
cos lettuce	½ head	1 head
garlic	3 cloves	6 cloves
pulled chicken	1 medium packet	2 medium packets OR 1 large packet
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
honey* (or golden syrup)	1 tsp	2 tsp
balsamic & olive oil dressing	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1981kJ (474cal)	191kJ (46cal)
Protein (g)	36g	3.5g
Fat, total (g)	21g	2g
- saturated (g)	4.9g	0.5g
Carbohydrate (g)	36.1g	3.5g
- sugars (g)	21g	2g
Sodium (mg)	832mg	80.1mg
Dietary Fibre (g)	5g	0.5g

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.



#### Roast the potato

- · Cut potato into bite-sized chunks.
- Set air fryer to 200°C. Place potato into the air fryer basket. Sprinkle over half the garlic & herb seasoning and drizzle with olive oil, then cook for 10 minutes.
- Shake the basket, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan forced. Prep potato as above. Place potato on a lined oven tray and flavour as above. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



#### Cook the chicken

- · Return frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Remove pan from heat, then add the honey and a splash of water. Toss to coat.



## Get prepped

- Meanwhile, roughly chop tomato, cucumber and cos lettuce (see ingredients). Finely chop garlic.
- In a medium bowl, combine pulled chicken, half the garlic and the remaining garlic & herb seasoning. Set aside.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook the remaining garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine. Season with salt and pepper. Set aside.



## Serve up

- In a large bowl, combine herby roasted potatoes, tomato, cucumber, cos lettuce and a drizzle of balsamic & olive oil dressing. Season to taste.
- · Divide potato salad between bowls.
- Top with pulled chicken, garlic yoghurt and grated Parmesan cheese.
- · Sprinkle with almonds to serve. Enjoy!







