



Louisiana Chicken & Avocado Cos Salad

with Roast Tomato Salsa & Charred Corn

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

14



Cos Lettuce



Cucumber



Avocado



Sweetcorn



Chicken Breast Strips



Louisiana Spice Blend



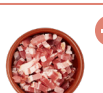
Mayonnaise



Roasted Tomato Salsa



Chicken Breast Strips



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

This fresh and filling salad brings a taste of the South right to your door! Juicy chicken strips, spiced with our Louisiana spice blend and tossed in sweet honey, are served over a fresh avocado cos salad. With a zesty roast tomato salsa and charred corn, it's a flavour-packed dish that's sure to brighten up your plate.

Pantry items

Olive Oil, Honey, 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
cucumber	1 (medium)	1 (large)
avocado	1 (small)	1 (large)
sweetcorn	1 medium tin	2 medium tins
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
honey*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
roasted tomato salsa	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (462cal)	462kJ (95cal)
Protein (g)	36.4g	7.5g
Fat, total (g)	35.4g	7.3g
- saturated (g)	6g	1.2g
Carbohydrate (g)	14.4g	3g
- sugars (g)	9.5g	2g
Sodium (mg)	1080mg	223.1mg
Dietary Fibre (g)	7.3g	1.5g

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.



Get prepped

- Roughly chop **cos lettuce**. Slice **cucumber** into half-moons. Slice **avocado** in half, scoop out flesh and roughly chop. Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a small bowl.
- In a medium bowl, combine **chicken breast strips**, **Louisiana spice blend** and a drizzle of **olive oil**.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Toss the salad

- In a large bowl combine **cos lettuce**, **cucumber**, **avocado**, **mayonnaise**, a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken breast strips**, tossing, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add the **honey** and toss to coat.

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



Serve up

- Divide avocado cos salad between bowls. Top with Louisiana chicken.
- Dollop over **roasted tomato salsa** and sprinkle with corn to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW50

CUSTOM OPTIONS

+ **DOUBLE CHICKEN BREAST STRIPS**
Follow method above, cooking in batches if necessary.

+ **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.

