



# Easy As Smokey Fried Chicken & Cos Salad

with Avocado & Roast Tomato Salsa

KIWI FLAVOURS

NEW

Grab your meal kit with this number

11



Avocado



Cos Lettuce



Tomato



Chicken Thigh



Kiwi Spice Blend



Cornflour



Mayonnaise



Roasted Tomato Salsa



Grated Parmesan Cheese



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

A crunchy cos salad is just what we need in the warmer weather. There's only one way to improve on something so fresh and delicious – add fried chicken! Throw it all together with some creamy avo and a few dollops of roast tomato salsa and you're on to a winner!

### 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
<b>olive oil*</b>	refer to method	refer to method
avocado	1 (small)	1 (large)
cos lettuce	1 head	2 heads
tomato	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
cornflour	1 medium packet	2 medium packets
<b>plain flour*</b>	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
roasted tomato salsa	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2324kJ (555Cal)	540kJ (129Cal)
Protein (g)	32.1g	7.5g
Fat, total (g)	42.3g	9.8g
- saturated (g)	7.5g	1.7g
Carbohydrate (g)	17.8g	4.1g
- sugars (g)	5.5g	1.3g
Sodium (mg)	795mg	185mg
Dietary Fibre (g)	6.7g	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](https://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

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Roughly chop **cos lettuce**.
- Cut **tomato** into thin wedges.
- Using a 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.



## Toss the salad

- Meanwhile, in a large bowl, combine **cos lettuce**, **tomato**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Cook the chicken

- Add **cornflour** and the **plain flour** to chicken mixture and toss to coat.
- Heat a large frying pan over 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 (when no longer pink inside), **5-6 minutes**. Transfer to a paper towel-lined plate.



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle into salad before combining.

**+** **ADD DICED BACON**  
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.

