

Mexican Chicken & Charred Corn Salad

with Capsicum & Smokey Aioli

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Cucumber



Capsicum



Sweetcorn



Chicken Breast



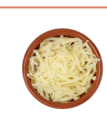
Mexican Fiesta Spice Blend



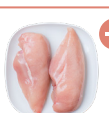
Mixed Salad Leaves



Smokey Aioli





Cheddar Cheese



Chicken Breast

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

 Carb Smart

 Protein Rich

 Eat Me Early

Today's spectacular salad takes inspiration from the flavours of Mexico. Chicken is coated in our Mexican Fiesta spice blend before being pan-fried till juicy and delicious. Tossed through mixed salad leaves with charred capsicum and sweetcorn, with a drizzle of smokey aioli on top, it's bound to be a hit!

Pantry items

Olive Oil, 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 |
| cucumber | 1 (medium) | 1 (large) |
| capsicum | 1 | 2 |
| sweetcorn | 1 medium tin | 1 large tin |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| Mexican Fiesta spice blend | 1 medium sachet | 1 large sachet |
| mixed salad leaves | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| smokey aioli | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1725kJ (412Cal) | 393kJ (93Cal) |
| Protein (g) | 41.9g | 9.6g |
| Fat, total (g) | 19.9g | 4.5g |
| - saturated (g) | 2.7g | 0.6g |
| Carbohydrate (g) | 15.5g | 3.5g |
| - sugars (g) | 10.4g | 2.4g |
| Sodium (mg) | 971mg | 221mg |
| Dietary Fibre (g) | 4.5g | 1g |

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

- Slice **cucumber** into thin half-moons.
- Thinly slice **capsicum**.
- Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **sweetcorn**, tossing, until tender and lightly browned, **4-5 minutes**. Transfer to a large bowl.

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



Toss the salad

- To the bowl with charred veggies, add **mixed salad leaves, cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**. Toss to combine.



Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican Fiesta spice blend** and a drizzle of **olive oil**. Add **chicken**, then turn to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



Finish & serve

- Slice chicken.
- Divide charred corn and capsicum salad between bowls.
- Top with Mexican chicken.
- Drizzle over **smokey aioli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over salad to serve.

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

