



Mexican Chicken & Corn Chip Crunch Bowl

with Avocado & Roast Tomato Salsa

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Avocado



Cucumber



Cos Lettuce



Diced Chicken



Mexican Fiesta Spice Blend



Corn Chips



Roasted Tomato Salsa



Mayonnaise



Coriander



Diced Chicken



Cheddar Cheese

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

Carb Smart

Protein Rich

Eat Me Early

Who needs takeout when you can whip up this fiesta in a bowl right at home? Juicy Mexican-spiced chicken teams up with crunchy corn chips for the ultimate texture combo, while creamy avocado and zesty roast tomato salsa bring the flavour party. It's everything you love about Mexican cuisine, reimagined for your dinner table—no delivery fee required!

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
avocado	1 (small)	1 (large)
cucumber	1 (medium)	1 (large)
cos lettuce	1 head	2 heads
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
corn chips	1 medium packet	1 large packet
roasted tomato salsa	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2540kJ (607cal)	543kJ (116cal)
Protein (g)	39g	8.3g
Fat, total (g)	38.4g	8.2g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	26g	5.6g
- sugars (g)	8.9g	1.9g
Sodium (mg)	1009mg	215.6mg
Dietary Fibre (g)	9.2g	2g

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.

1



Get prepped

- Slice **avocado** in half, scoop out flesh and roughly chop.
- Thinly slice **cucumber** into half-moons.
- Roughly chop **cos lettuce**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **diced chicken**, **Mexican Fiesta spice blend** and a drizzle of **olive oil**.

3



Toss the salad

- In a large bowl, combine **cos lettuce**, **avocado**, **cucumber** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- 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 toss to coat.

4



Finish & serve

- Divide cos salad between bowls and crumble **corn chips** over top.
- Top with Mexican chicken and dollop with **roasted tomato salsa**.
- Drizzle with **mayonnaise** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

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.

