



BBQ Chicken & Corn Chip Salad with Avocado & Sour Cream

FRESH & FAST Box to plate: 15 mins Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Nutrition Per Serving: Energy 3857kJ (922Cal) | Protein 47g | Fat, total 53.9g - saturated 17.9g | Carbohydrate 62.5g - sugars 11.7g | Sodium 1304mg
The quantities provided above are averages only.

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2022 | WK10 | X

Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Breast	1 medium pkt	1 large pkt
Shredded Cheddar Cheese	1 pkt (50g)	1 pkt (100g)
Sour Cream	1 medium pkt	1 large pkt

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. Chop



Avocado



Capsicum



Salad Leaves



Chicken Breast

2. Sizzle



Barbecue Seasoning

3. Toss



Mild Chipotle Sauce



Corn Chips



Shredded Cheddar Cheese



Sour Cream



Herbs

- Slice **avocado** in half. Scoop out flesh and roughly chop
- Thinly slice **capsicum**
- Finely shred **salad leaves** (1/2 pkt for 2P / 1 pkt for 4P)
- Chop **chicken** into 2cm strips

- Heat a drizzle of **olive oil** in a frying pan over high heat. Cook **chicken** and **capsicum** until browned, **4-5 mins**
- Add **seasoning** and cook until fragrant, **1-2 mins**

- In a large bowl, combine **chicken, capsicum, avocado, lettuce, chipotle sauce** and a drizzle of **olive oil**. Season
- Plate up **salad**. Crumble over **corn chips** and sprinkle with **Cheddar**
- Serve with **sour cream** and torn **herbs**

