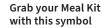


# Crumbed Chicken Salad

with Creamy Garlicky Dressing









Crumbed Chicken Breast Strips







Leaves



**Pantry items** 

Olive Oil, White Wine Vinegar

## Before you start

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 will need

Large frying pan

## Ingredients

	2 People
olive oil*	refer to method
crumbed chicken breast strips	1 packet
tomato	1
cucumber	1
carrot	1
garlic aioli	1 packet (100g)
white wine vinegar*	1 tsp
mixed salad leaves	1 bag (60g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (587Cal)	534kJ (128Cal)
Protein (g)	33.6g	7.3g
Fat, total (g)	34.5g	7.5g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	36.2g	7.9g
- sugars (g)	11.6g	2.5g
Sodium (mg)	757mg	165mg

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.



#### Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **crumbed chicken breast strips**, turning, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel to cool.

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



## Get prepped

While the chicken is cooking, roughly chop the **tomato**. Slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **garlic aioli**, **white wine vinegar** and a drizzle of **olive oil**. Divide the **dressing** between two reusable containers.



## Pack up

In a large bowl, combine the **tomato**, **cucumber**, **carrot** and **mixed salad leaves**. Divide salad between the two containers. When the chicken has cooled, divide into two portions and wrap in foil, or place in two reusable containers. Refrigerate.

**TIP:** Save on washing up and don't use a bowl, simply divide veggies between the containers!



## Serve up

At lunch, toss the salad with the creamy garlic dressing to combine. Season to taste. Remove wrapping from the chicken and reheat in a sandwich press or microwave in a heatproof bowl for **1 minute**. Thickly slice the chicken and serve on top of the salad.

TIP: A sandwich press will help keep the chicken crispy!

# Enjoy!