

# Easy Pulled Chicken & Herby Potato Salad

with Garlic Yoghurt, Almonds & Parmesan Cheese

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Flaked Almonds



Radish



Cucumber



Cos Lettuce



Garlic



Greek-Style Yoghurt



Pulled Chicken



Balsamic & Olive Oil Dressing



Grated Parmesan Cheese



Beef Strips

## Recipe Update

Unfortunately, this week's tomato was in short supply, so we've replaced it with radish. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 30-40 mins

Carb Smart

Feeling like something fresh and tasty, low-carb and easy, may we present our Greek-style pulled chicken seasoned in garlic. Tender and simply yum, resting on top of a crisp salad, sprinkled with creamy cheese and garnished with almonds, this dish is perfect on a sweltering summer day (or any day for that matter)!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Honey (or Golden Syrup)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
garlic & herb seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
radish	2	3
cucumber	1 (medium)	1 (large)
cos lettuce	½ head	1 head
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
pulled chicken	1 packet	1 packet
<b>honey*</b> (or golden syrup)	1 tsp	2 tsp
balsamic & olive oil dressing	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1831kJ (438Cal)	384kJ (92Cal)
Protein (g)	34.8g	7.3g
Fat, total (g)	18.5g	3.9g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	37.7g	7.9g
- sugars (g)	18.3g	3.8g
Sodium (mg)	825mg	173mg
Dietary Fibre (g)	6.2g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2126kJ (508Cal)	424kJ (101Cal)
Protein (g)	41.6g	8.3g
Fat, total (g)	24.1g	4.8g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	36g	7.2g
- sugars (g)	18.3g	3.6g
Sodium (mg)	703mg	140mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW18



1



## Roast the potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Sprinkle over half the **garlic & herb seasoning** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- When potatoes have **5 minutes** remaining, add **flaked almonds** to one side of the tray, return to the oven and roast until golden.

3



## Cook the pulled chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic & herb seasoning** and remaining **garlic** until fragrant, **1 minute**.
- Add **pulled chicken** and cook, breaking up with a spoon, until browned, **2-3 minutes**.
- Remove pan from heat, add the **honey** and a splash of **water**, then toss to coat.

**Custom Recipe:** If you swapped to beef strips, discard any liquid from beef strips packaging. Heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips, remaining garlic & herb seasoning and remaining garlic in batches, tossing, until browned and cooked through, 1-2 minutes. Remove from heat, return all beef to the pan, then add the honey and a splash of water, tossing to coat.

2



## Get prepped

- Meanwhile, roughly chop **radish**, **cucumber** and **cos lettuce** (see **ingredients**). Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season with **salt** and **pepper**. Set aside.

4



## Serve up

- In a large bowl, combine herby roasted potatoes, radish, cucumber, cos lettuce and **balsamic & olive oil dressing**. Season to taste.
- Divide herby potato salad between bowls.
- Top with pulled chicken, garlic yoghurt and **grated Parmesan cheese**.
- Garnish with toasted almonds to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)