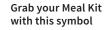


Easy Pulled Chicken & Herby Potato Salad

with Garlic Yoghurt, Almonds & Parmesan Cheese

DIETITIAN APPROVED

CLIMATE SUPERSTAR











Seasoning





Radish

Flaked Almonds





Cos Lettuce

Cucumber





Pulled Chicken





Grated Parmesan Cheese





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)!

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

ingi calcino			
2 People	4 People		
refer to method	refer to method		
1	2		
1 sachet	1 sachet		
1 packet	2 packets		
2	3		
1 (medium)	1 (large)		
½ head	1 head		
3 cloves	6 cloves		
1 medium packet	1 large packet		
1 packet	1 packet		
1 tsp	2 tsp		
1 packet	2 packets		
1 medium packet	1 large packet		
1 packet	1 packet (or 2 packets)		
	refer to method 1 1 sachet 1 packet 2 1 (medium) ½ head 3 cloves 1 medium packet 1 packet 1 tsp 1 packet 1 medium packet		

^{*}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 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





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.



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.



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.



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