



# Herby Chicken Strips with Roast Pumpkin Salad & Red Pesto Mayo

**FRESH & FAST**

Box to plate: 15 mins

Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2520kJ (603Cal) | Protein 44.0g | Fat, total 37.0g - saturated 6.7g | Carbohydrate 20.5g - sugars 13.2g | Sodium 783mg

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2021 | WK07 | U

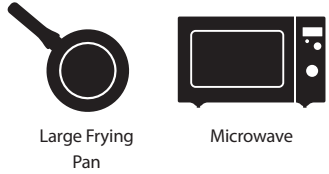


# Get ready

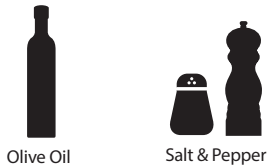
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



## From the pantry



## From the cool pouch

	2P	4P
<b>Chicken Breast Strips</b>	<b>1 pkt</b> (320g)	<b>1 pkt</b> (640g)
<b>Roasted Pumpkin</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Red Pesto</b>	<b>1 pkt</b> (50g)	<b>1 pkt</b> (100g)
<b>Greek Salad Cheese/ Feta Cheese</b>	<b>1 block</b> (25g)	<b>1 block</b> (50g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Capsicum



Chicken Breast Strips



Garlic & Herb Seasoning

## 2. Zap



Roasted Pumpkin



Mayonnaise



Red Pesto



Tomato

## 3. Toss



Spinach & Rocket Mix



Greek Salad Cheese/Feta Cheese

- Heat **olive oil** in a frying pan over high heat. Slice **capsicum**
- Cook **chicken** and **capsicum**, turning, until cooked through, **6-8 mins**
- Add **seasoning** and a good splash of **water**
- Toss, until fragrant, **1 min**

- Meanwhile, poke a few holes into **pumpkin** packet and microwave until hot and steaming, **2-3 mins**
- In a bowl, combine **mayo** and **red pesto**
- Chop **tomato**

- Now, add **pumpkin, tomato** and **rocket mix** to a second bowl
- Drizzle with **olive oil**, season and toss
- Plate up **salad, chicken** and **capsicum**
- Top with **pesto mayo**. Crumble over **cheese**

