



LEMON-BASIL CHICKEN SALAD LETTUCE WRAPS

with Tomato & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chopped Chicken Breast



1 | 2
Baby Lettuce



1 | 2
Tomato



1 | 1
Lemon



1 tsp | 1 tsp
Garlic Powder



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 oz | 4 oz
Pesto
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

PESTO

This herbaceous blend of basil, Parmesan cheese, garlic, and olive oil delivers big fresh flavor.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 510



LOOSEY-JUICY

Try rolling the lemon under your palm on the countertop before you quarter it. This hack softens the citrus fruit so it's easier to get all the juice out.

BUST OUT

- Large pan
- Zester
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
- Transfer chicken to a medium bowl (**large bowl for 4 servings**) and set aside to cool slightly.



3 MAKE CHICKEN SALAD

- To bowl with **chicken**, add **¼ tsp garlic powder** (**½ tsp for 4 servings**). (**Be sure to measure the garlic powder; we sent more!**) Stir until thoroughly combined.
- Add **shredded lettuce, tomato, mayonnaise, pesto, juice from one lemon wedge** (two wedges for 4), and as much **lemon zest** as you like. Stir until thoroughly combined. Taste and season with **salt** and **pepper** if desired.



2 PREP

- **Wash and dry produce.**
- Trim and discard root end from **lettuce**; separate leaves. Thinly slice 1-2 small center leaves until you have **⅓ cup shredded lettuce** (**⅔ cup for 4 servings**). Dice **tomato** into ½-inch pieces. Zest and quarter **lemon**.



4 SERVE

- Divide **lettuce leaves** between plates; fill with **chicken salad**. Sprinkle with **Parmesan**. Serve with **remaining lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.