



Crumbed Chicken Salad

with Creamy Herb Dressing

Grab your Meal Kit with this symbol



Crumbed Chicken Breast Strips



Tomato



Cucumber



Carrot



Dill & Parsley Mayonnaise



Mixed Salad Leaves



 Hands-on: 10 mins
Ready in: 10 mins

There's nothing quite like the golden crust of a good old-fashioned crumbed chicken breast strip to cheer you up – that's just simple science. And as for condiments? We think our delish dill and parsley mayo might just make for the ultimate finishing touch in this speedy lunch delight.

Pantry items

Olive Oil

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
dill & parsley mayonnaise	1 sachet (100g)
mixed salad leaves	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2593kJ (619Cal)	570kJ (136Cal)
Protein (g)	33.5g	7.4g
Fat, total (g)	40.4g	8.9g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	32g	7g
- sugars (g)	8.5g	1.9g
Sodium (mg)	657mg	144mg

Allergens

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

1



Cook the chicken

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

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

3



Pack it up

Divide the **tomato, cucumber, carrot** and **mixed salad leaves** between the two containers with the **dressing**. When the chicken has cooled, divide into two portions and wrap in foil or place in two separate reusable containers. Refrigerate.

2



Get prepped

While the chicken is cooking, roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Grate the **carrot** (unpeeled). Divide the **dill & parsley mayonnaise** between two reusable containers. Add a drizzle of **olive oil** and stir to combine.

4



Serve up

At lunch, toss the salad in the creamy herb dressing to combine. Season to taste. Remove the wrapping from the chicken and reheat in a sandwich press or on a plate in the microwave for **1 minute** bursts or until heated to your liking. Slice the chicken and serve on top of the salad.

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

Enjoy!