



# 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: 15 mins
- Eat me early
- Calorie Smart

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 packet (100g)
mixed salad leaves	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	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.



## 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.



## Get prepped

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



## Pack it up

In a large bowl, combine the **tomato, cucumber, carrot** and **mixed salad leaves**, then divide between the containers. When the chicken is cooled, divide into two portions and wrap in foil or place in two separate containers. Refrigerate.

**TIP:** Save on washing up and don't use a bowl, simply divide veggies between the containers!



## Serve up

At lunch, toss the salad with 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. Thickly slice the chicken and serve on top of the salad.

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

## Enjoy!