



Crumbed Chicken Salad

with Creamy Garlic Dressing

Grab your Meal Kit with this symbol



Crumbed Chicken Breast Strips



Tomato



Cucumber



Carrot



Garlic Aioli



Mixed Salad Leaves



Hands-on: 10 mins
Ready in: 15 mins



Eat me early



Calorie Smart

Lunch in less than 15 minutes? We've got you covered with crumbed chicken tenders on a bed of crisp veggies, plus a mouthwatering garlicky dressing. Perfect to prep and take anywhere, or to be made on the spot for an instant meal.

Pantry items

Olive Oil, White Wine Vinegar

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
garlic aioli	1 packet
white wine vinegar*	1 tsp
mixed salad leaves	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (586Cal)	534kJ (127Cal)
Protein (g)	33.6g	7.3g
Fat, total (g)	34.5g	7.5g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	36.2g	7.9g
- sugars (g)	11.6g	2.5g
Sodium (mg)	757mg	165mg

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.

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, **5-6 minutes**. Transfer to a plate lined with paper towel to cool.

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

3



Pack it up

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

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

2



Get prepped

While the chicken is cooking, roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **garlic aioli, white wine vinegar** and a drizzle of **olive oil**. Divide the **dressing** between two reusable containers.

4



Serve up

At lunch, toss the salad with the creamy garlic dressing to combine. Season to taste. Reheat the chicken in a sandwich press or microwave in a heatproof bowl for **1 minute**. Thickly slice the chicken and serve on top of the salad.

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

Enjoy!