



Honey & Garlic Chicken Strips

with Creamy Potato Salad & Veggies

Grab your Meal Kit with this symbol



Potato



Thyme



Lemon



Carrot



Broccoli



Garlic



Spring Onion



Chicken Breast Strips



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Keep an eye out...
Due to recent sourcing challenges, we've replaced baby broccoli with broccoli and baby spinach, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Eat Me Early
- Calorie Smart

Not to toot our own horn, but we certainly know how to capture the beautiful flavours of classic combos like garlic and honey. We've used these two simple things for inspiration by coating succulent chicken in a tasty seasoning, then teaming it with a creamy dill-parsley potato salad for a delicious and nutritionally balanced meal. Thank us for it later!

Pantry items

Olive Oil, Honey

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
thyme	1 bag	1 bag
lemon	½	1
carrot	1	2
broccoli	½ head	1 head
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
chicken breast strips	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
honey*	1 tbs	2 tbs
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	378kJ (90Cal)
Protein (g)	38.2g	6.2g
Fat, total (g)	25.1g	4.1g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	44.5g	7.2g
- sugars (g)	14.2g	2.3g
Sodium (mg)	554mg	90mg

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.



Cook the potato

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-12 minutes**. Drain and set aside to cool.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side. Add the **honey** and **garlic** to the pan, then turn the **chicken** to coat, **1 minute**. Remove from the heat.

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



Get prepped

While the potato is cooking, pick and roughly chop the **thyme** leaves. Zest the **lemon** to get a pinch and cut into wedges. Cut the **carrot** into thin sticks. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Finely chop the **garlic**. Thinly slice the **spring onion**. In a medium bowl, combine the **thyme**, **lemon zest** and a drizzle of **olive oil**. Add the **chicken breast strips**, then season with **salt** and **pepper**. Toss to coat and set aside.



Finish the potato salad

While the chicken is cooking, combine the **spring onion**, **dill & parsley mayonnaise**, a squeeze of **lemon juice** and the **salt** in a large bowl. Add the **potato** to the **mayo mixture** and toss until well coated.



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **broccoli** with a splash of **water** until tender, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Season. Transfer to a plate and cover to keep warm.



Serve up

Divide the honey-garlic chicken strips, potato salad and veggies between plates. Spoon over any remaining glaze from the pan. Serve with any remaining lemon wedges.

Enjoy!