



Easy Spiced Chicken & Crouton Slaw

with Creamy Herb Dressing

Grab your Meal Kit with this symbol



Ciabatta



Chicken Breast Strips



Aussie Spice Blend



Apple



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Slaw Mix

 Hands-on: **10-20 mins**
 Ready in: **20-30 mins**

 Eat Me Early

A delicious slaw salad is hearty enough for dinner but light enough for the warmer weather. Add a helping of pleasantly-spiced chicken and you've got yourself the ultimate weeknight meal. You can thank us later!

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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ciabatta	1	2
chicken breast strips	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
apple	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)
slaw mix	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2980kJ (712Cal)	718kJ (172Cal)
Protein (g)	36.5g	8.8g
Fat, total (g)	49.6g	12g
- saturated (g)	6.4g	1.5g
Carbohydrate (g)	36.9g	8.9g
- sugars (g)	9.9g	2.4g
Sodium (mg)	1274mg	307mg

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



Bake the chicken & croutons

- Preheat oven to **220°C/200°C fan-forced**. Cut or tear **ciabatta** into chunks.
- Place **chicken breast strips** on one side of a lined oven tray and **ciabatta** chunks on another side.
- Sprinkle **Aussie spice blend** over **chicken**. Drizzle everything with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then bake until chicken is cooked through and ciabatta is golden, **10-12 minutes**. Set aside to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.

3



Toss the slaw

- In a large bowl, combine **dill & parsley mayonnaise**, a drizzle of **olive oil** and a splash of **water**.
- Add **slaw mix**, **apple**, **baby spinach** and **croutons**. Season and toss to combine.

2



Prep the slaw

- While chicken and croutons are cooling, thinly slice **apple**. Roughly chop **baby spinach leaves**.

4



Serve up

- Divide crouton slaw with creamy herb dressing between plates.
- Top with spiced chicken. Spoon over any resting juices to serve.

Enjoy!