



# 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

	<b>2 People</b>
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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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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!