



Frank's RedHot Sizzling Chicken Salad with Charred Sweetcorn and Feta

Limited Edition 35 Minutes • Medium Spice • 2 of your 5 a day • Under 600 calories

28



Bell Pepper



Sweetcorn



Baby Gem Lettuce



Spring Onion



Medium Tomato



Garlic Clove



Diced Chicken Thigh



Red Wine Vinegar



Frank's RedHot Original Sauce



Ciabatta



Rocket



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Frying Pan, Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Sweetcorn**	150g	245g	326g
Baby Gem Lettuce**	1	1½	2
Spring Onion**	1	2	2
Medium Tomato	1	1½	2
Garlic Clove	1	1	2
Diced Chicken Thigh**	280g	420g	560g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Frank's RedHot Original Sauce	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Ciabatta 11) 13)	1	1½	2
Rocket**	20g	30g	40g
Feta Cheese 7)**	50g	75g	100g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	499g	100g
Energy (kJ/kcal)	2352 /562	471 /113
Fat (g)	28	6
Sat. Fat (g)	9	2
Carbohydrate (g)	38	8
Sugars (g)	14	3
Protein (g)	39	8
Salt (g)	2.54	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Prep Time

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain the **sweetcorn** in a sieve. Trim the root from the **baby gem lettuce**, halve lengthways, then thinly slice widthways. Trim and thinly slice the **spring onion**. Chop the **tomatoes** into 2cm pieces. Peel and grate the **garlic** (or use a garlic press).



Make the Dressing

Whilst the **chicken** cooks, preheat your grill to high. Pop the **red wine vinegar**, **half** of the **Frank's RedHot Original Sauce**, **oil** and **sugar** (see ingredients for both amounts) into a large bowl and season with **salt** and **pepper**, mix in the **tomatoes**.



Char the Veggies

Heat a large frying pan on medium-high heat (no oil). Once the pan is hot, add the **sweetcorn** and sliced **bell pepper**. Cook until nicely charred, 5-6 mins. Stir only twice during this time - you want the **veggies** to brown and char. Once charred, transfer to a bowl and cover with foil. Give your pan a quick wash.



Crouton Time

When the **chicken** has 5 mins left, tear the **ciabatta** into 2cm chunks and pop onto a low-sided baking tray with a drizzle of **oil** and the **grated garlic**, season with **salt** and **pepper**. Mix to coat and spread out in a single layer. Grill on the top shelf of your oven until golden and crisp, 4-5 mins.



Chicken Time

Add a splash of **oil** to the (now clean) pan and pop on medium-high heat. Once the **oil** is hot, add the **diced chicken thigh** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Time to Serve

Once the **chicken** is cooked, take it off the heat and let it cool slightly. Pour **half** of the **Frank's RedHot Original Sauce** into the pan and mix well to coat. Pop the sliced **baby gem**, **rocket**, cooked **chicken**, charred **veggies**, and **croutons** into the bowl with the **dressing**. Mix gently to combine. Share between your bowls. Top with the **spring onion**, and crumble over the **feta**. **Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

In collaboration with

FRANK'S
RedHot

Meet the Heat

Premium blended aged cayenne peppers add a kick of heat and a whole lot of flavour in this delicious hot pepper sauce.