



Waldorf Style Salad

with Chicken, Apple and Walnuts

Calorie Smart

25-30 Minutes • 1 of your 5 a day • Under 650 Calories

26



Salad Potatoes



Green Beans



Walnuts



Diced British Chicken Thigh



Apple and Sage Jelly



Mayonnaise



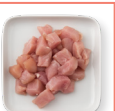
Wholegrain Mustard



Baby Gem Lettuce



Apple



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Green Beans**	80g	150g	150g
Walnuts 2)	20g	40g	40g
Diced British Chicken Thigh**	240g	390g	520g
Apple and Sage Jelly	25g	37g	50g
Mayonnaise 8) 9)	64g	96g	128g
Wholegrain Mustard 9)	17g	25g	34g
Baby Gem Lettuce**	1	2	2
Apple**	1	1	2
Diced British Chicken Breast**	240g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	498g	100g	498g	100g
Energy (kJ/kcal)	2351/562	472/113	2090/499	420/100
Fat (g)	28.9	5.8	18.8	3.8
Sat. Fat (g)	5.0	1.0	2.1	0.4
Carbohydrate (g)	46.2	9.3	46.0	9.2
Sugars (g)	17.2	3.5	17.2	3.5
Protein (g)	35.4	7.1	38.3	7.7
Salt (g)	1.12	0.22	1.05	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 8) Egg 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Bring a large saucepan of **water** with $\frac{1}{2}$ tsp salt to the boil on high heat for the **potatoes**.

Halve the **salad potatoes** (no need to peel). Trim the **green beans** and cut into thirds.

Roughly chop the **walnuts**.



Cook the Potatoes and Beans

When the **water** is boiling, add the **potatoes** to the pan, lower the heat to medium and cook until you can easily slip a knife through, 15-20 mins.

When the **potatoes** have 5 mins left, add the **green beans** to the same pan and cook for the remaining time until the **veg** is tender.

Once cooked, drain in a colander and set aside to cool slightly.



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **diced chicken**. Season with **salt** and **pepper**. Cook, stirring, until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Add the **apple and sage jelly** to the **chicken** and stir to coat until the **chicken** is nicely glazed, 1 min.

CUSTOM RECIPE

If you've chosen **diced chicken** breast instead of **thigh**, cook the recipe in the same way.



Mix the Mustard Mayo

While everything cooks, in a large bowl, combine the **mayo**, **wholegrain mustard** (add less if you'd prefer) and a drizzle of **oil**.

Season with **salt** and **pepper**. Set aside.

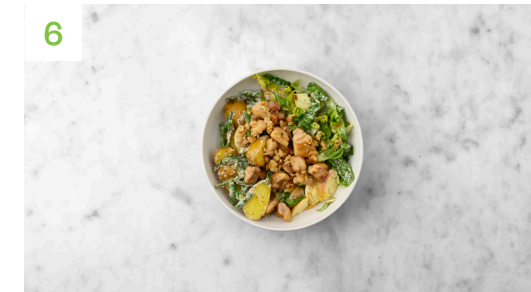


Salad Time

Trim the **baby gem**, halve lengthways, then thinly slice.

Quarter, core and thinly slice the **apple** (no need to peel).

Add the **lettuce** and **apple** to the bowl with the **mustard mayo**. Toss to coat.



Combine and Serve

Once the **potatoes** and **green beans** have cooled slightly, add to the **dressed lettuce and apple** bowl. Toss to combine. Taste and season with **salt** and **pepper** if needed.

Share the **salad** between your bowls. Top with the **glazed chicken**.

Scatter over the **walnuts** to finish.

Enjoy!