













Buffalo Style Hot Sauce Chicken Salad

with Roasted Potatoes, Croutons and Italian Style Cheese

Summer Picnic 30-35 Minutes • Medium Spice • 1 of your 5 a day

5



-  Baking Potato
-  Iceberg Lettuce
-  Diced British Chicken Breast
-  Hot Sauce
-  Cider Vinegar
-  Ciabatta
-  Medium Tomato
-  Central American Style Spice Mix
-  Honey
-  Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	1½	2
Ciabatta**** 13	1	1½	2
Iceberg Lettuce**	½	1	1
Medium Tomato	1	1½	2
Diced British Chicken Breast**	240g	390g	520g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Hot Sauce	30g	50g	60g
Honey	15g	22g	30g
Cider Vinegar 14	15ml	22ml	30ml
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ****Please use the ciabatta within 2 days from the delivery day.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	483g	100g
Energy (kJ/kcal)	2628 /628	544/130
Fat (g)	24.6	5.1
Sat. Fat (g)	4.6	1.0
Carbohydrate (g)	60.7	12.6
Sugars (g)	11.6	2.4
Protein (g)	42.3	8.8
Salt (g)	1.66	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

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



Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potato** into 2cm chunks (no need to peel).

Pop the chunks onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bake your Croutons

When the **potatoes** have 10 mins left, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

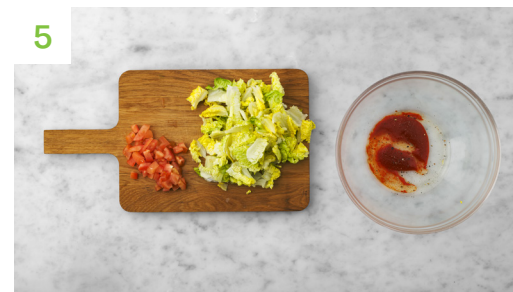


Prep Time

In the meantime, tear the **ciabatta** into roughly 2cm chunks.

Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Set aside.

Meanwhile, halve the **iceberg lettuce** and thinly slice (see ingredients for amount). Cut the **tomato** into 1cm chunks.



Time to Get Dressed

Meanwhile, in a large bowl, mix together the **hot sauce**, **honey**, **cider vinegar**, and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

When everything's ready, add the **roasted potatoes**, **spiced chicken**, **iceberg lettuce** and **tomatoes** to the bowl of **dressing**.

Toss together until everything's evenly coated in the **dressing**, then stir through your **croutons**.

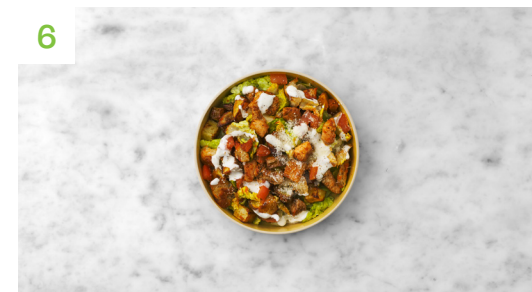


Spice Things Up

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** to the pan, season with **salt** and **pepper** and sprinkle over the **Central American style spice mix**.

Fry until golden brown on the outside 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.



Serve Up

Share the **salad** between your bowls and sprinkle over the **hard Italian style cheese**.

Drizzle over the **mayonnaise** (see pantry for amount) to finish.

Enjoy!