

Mexican Style Chicken and Charred Veg Salad



with Crispy Croutons and Cheddar Cheese

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day



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, grater, sieve, frying pan and bowl.

Ingredients	2P	3P	4P
Skin-On British Chicken Breasts**	2	3	4
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Bell Pepper***	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Ciabatta 13)	1	2	3
Sweetcorn	160g	272g	340g
Cider Vinegar 14)	30ml	45ml	60ml
Diced Chorizo** 7)	90g	60g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*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

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Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	443g	100g	488g	100g
Energy (kJ/kcal)	2673 /639	604/144	3502/837	718/172
Fat (g)	34.5	7.8	50.8	10.4
Sat. Fat (g)	8.1	1.8	14.1	2.9
Carbohydrate (g)	36.1	8.1	37.9	7.8
Sugars (g)	10.9	2.5	11.1	2.3
Protein (g)	47.6	10.8	58.9	12.1
Salt (g)	1.70	0.38	4.28	0.88

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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.

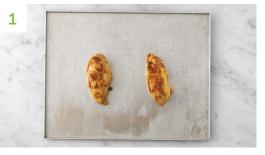
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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

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Roast the Chicken

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

Lay the **chicken** onto a baking tray, sprinkle over the **Mexican style spice mix**, drizzle with **oil** and season with **salt** and **pepper**.

Roast the **chicken** on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Make the Croutons

While the **chicken** cooks, trim the **baby gem**, halve lengthways, then thinly slice.

Halve the **bell pepper**, discard the core and seeds, then slice into thin strips. Grate the **cheese**.

Tear the **ciabatta** into roughly 2cm chunks and pop them onto another baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

Ten mins before the **chicken** is ready, pop the **croutons** onto the middle shelf of your oven until golden, 8-10 mins.



Char the Veg

Meanwhile, drain the **sweetcorn** in a sieve. Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **sweetcorn** and **sliced pepper** and cook until charred, 5-6 mins.

Adjust the heat if necessary. Stir only twice during this time - you want the **veg** to pick up some nice colour.

+ Add Diced Chorizo

Add the **chorizo** to the pan with the **veg**. Fry for the same amount of time.



Finish the Prep

While everything cooks, in a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper** and set the **dressing** aside.

Once the **veg** has charred, remove the pan from the heat.



Time to Combine

Once the **chicken** is cooked, cut widthways into 2cm slices.

Add the **baby gem**, **charred veg** and **croutons** to the **dressing** bowl, toss together.



Serve

Share the **salad** between your serving bowls, then top with the **sliced chicken**.

Sprinkle over the **cheese** and finish by drizzling over the **mayo** (see pantry for amount).

Enjoy!