



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

5



Skin-On British Chicken Breasts



Mexican Style Spice Mix



Baby Gem Lettuce



Bell Pepper



Mature Cheddar Cheese



Ciabatta



Sweetcorn



Cider Vinegar



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

+ Add Diced Chorizo

If you chose to add diced chorizo, 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. Ingredients in red are hot!

Cooking tools

Baking tray, grater, sieve, frying pan and bowl.

Ingredients

| 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 tbsps | 2½ tbsps | 3 tbsps |
| Mayonnaise* | 2 tbsps | 3 tbsps | 4 tbsps |

*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

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | 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.*



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.



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.



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.



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.



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!