



Creamy Pesto Chicken Roll

with Cucumber

SERVES
2

Eat Me Early

Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 2 people

Olive Oil*	refer to method
Cucumber	1
Chicken Breast	1 small packet
Creamy Pesto Dressing	1 packet
Hot Dog Bun	4
Mixed Salad Leaves	1 small bag

*Pantry Items

1. Get prepped

Slice **cucumber** into thin sticks. Slice **chicken breast** into thin strips. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken strips**, tossing occasionally, until browned and cooked through (no longer pink inside), **3-4 mins**. Cool slightly, then shred **chicken** with 2 forks.

2. Flavour the chicken

In a medium bowl, combine **shredded chicken** and **creamy pesto dressing**. Season with **salt** and **pepper**.

3. Serve up

Fill each **hot dog bun** with some creamy pesto chicken, cucumber and **mixed salad leaves**. Wrap in foil or plastic wrap. Refrigerate until ready to serve.

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	3105kJ (742Cal)	757kJ (181Cal)
Protein (g)	45.2g	11g
Fat, total (g)	36.9g	9g
- saturated (g)	10.9g	2.7g
Carbohydrate (g)	55.9g	13.6g
- sugars (g)	10.5g	2.6g
Sodium (g)	903mg	220mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact



SEK



ON THE MENU

With delicious options for every occasion from breakfast to dinner, HelloFresh has you covered for every meal of the day.

Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!



Treat yourself

For a twist on a retro classic try our **Pineapple Upside Down Cake**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



Shop the range!

Get more in your HelloFresh box with our delicious range of snacks, fruit, desserts and drinks.



Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

Plan your menu!

Scan the QR code below and add something special to your next box!

