



# 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
<b>Olive Oil*</b>	refer to method
Cucumber	1
Chicken Breast	1 small packet
Creamy Pesto Dressing	1 packet (100g)
Hot Dog Bun	4
Mixed Salad Leaves	1 small bag

\*Pantry Items

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.*

### 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.

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://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](http://hellofresh.com.au/contact)



SEK

# More meal occasions



Scan the QR code to add these to next week's box!



Get some more Vitamin C in your week! Try our Fruit Box.

## Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



No Sugar

**Passionfruit Kombucha Remedy**  
Four 250ml cans



Cafe fave

**Caramelised Pear & Pecan Pancakes** with Syrup & Cream



Quick brunch

**Prosciutto & Cheese Croissant** with Dijon Mustard

## Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Kid-friendly

**Cheesy Aussie Chicken Burger** with Fries & Garlic Aioli



Ready to heat

**Beef Lasagne**  
No Prep | Ready in 5



Lunch bites

**Oyster Sauce Chicken Bao Buns** with Mayo & Pickled Cucumber

## Sides & Desserts

Turn dinner into a feast that the whole family will love.



Ready to bake

**Garlic Bread**  
Serves 4+



The perfect side

**Roasted Potatoes & Creamy Fetta** with Lemon Zest



Four easy steps

**Chocolate Self-Saucing Pudding** with Mixed Berry Compote