



# 

#### 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 (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)	<b>757kJ</b> (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.

# **Grab your Kit**



# 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.

# We're here to help!

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



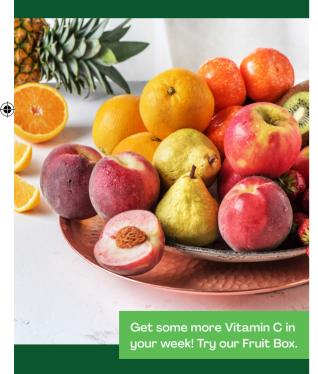




# More meal occasions



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



#### Breakfast & Brunch

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



No Suga

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Ouick brund

**Prosciutto & Cheese Croissant** with Diion Mustard

#### **Quick Lunches**

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



Kid-friendly

Cheesy Aussie Chicken Burger with Fries & Garlic Aioli



Readu to heat

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



Lunch bite

Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

#### Sides & Desserts

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



Peadu to bak

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

