



Honey Tex-Mex Chicken & BBQ Mayo Slaw Bowl with Golden Croutons

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tex-Mex Spice Blend



Chicken Tenderloins



Bake-At-Home Ciabatta



Slaw Mix



Baby Spinach Leaves



BBQ Mayo



Chicken Breast

Prep in: 5-15 mins
Ready in: 15-25 mins

Carb Smart

Eat Me Early

We're in our light and bright era this Summer, so only a salad will do. With our slaw mix doing the most, you only need to sear some chicken and toast some croutons to have a salad fit for a sunny Sunday evening.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
honey*	½ tbs	1 tbs
bake-at-home ciabatta	1	2
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
BBQ mayo	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1968kJ (470Cal)	568kJ (136Cal)
Protein (g)	43.6g	12.6g
Fat, total (g)	14.3g	4.1g
- saturated (g)	1.8g	0.5g
Carbohydrate (g)	39.1g	11.3g
- sugars (g)	10.7g	3.1g
Sodium (mg)	1210mg	349mg
Dietary Fibre (g)	9.7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2007kJ (480Cal)	579kJ (138Cal)
Protein (g)	41g	11.8g
Fat, total (g)	16.6g	4.8g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	39.1g	11.3g
- sugars (g)	10.7g	3.1g
Sodium (mg)	1224mg	353mg
Dietary Fibre (g)	5.7g	1.6g

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!

Scan here if you have any questions or concerns



1



Cook the chicken

- In a medium bowl, combine **Tex-Mex spice blend** and a drizzle of **olive oil**. Add **chicken tenderloins**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Remove from heat and add the **honey**, turning **chicken** to coat.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Coat chicken as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.

3

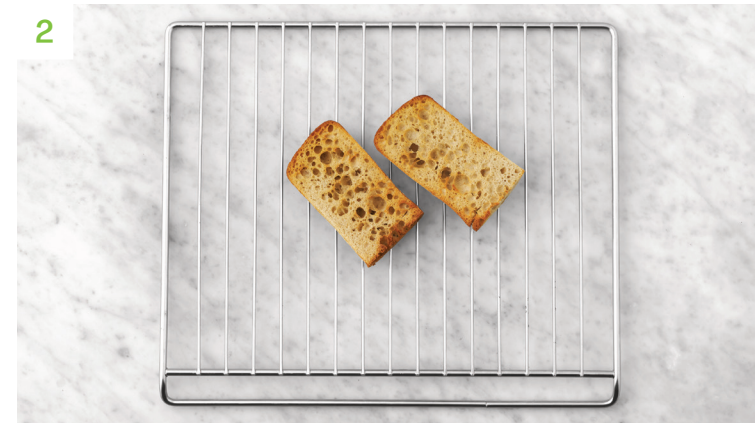


Toss the slaw

- In a large bowl, combine **slaw mix**, **baby spinach leaves**, **croutons**, **BBQ mayo** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

Little cooks: Take the lead by tossing the slaw!

2



Make the croutons

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- Toast or grill **ciabatta** to your liking, then cut into bite-sized chunks.

4



Toss and serve up

- Slice chicken if preferred.
- Divide crouton slaw between bowls.
- Top with honey Tex-Mex chicken to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate