



Sweet Tex-Mex Chicken & Pea Pod Salad

with Croutons & Aioli

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tex-Mex Spice Blend



Chicken Tenderloins



Bake-At-Home Ciabatta



Pea Pods



Slaw Mix



Baby Spinach Leaves



Garlic Aioli



Chicken Breast

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

Calorie Smart

We're in our light and bright era, 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.

Eat Me Early

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 medium packet | 2 medium packets OR 1 large packet |
| honey* | ½ tbs | 1 tbs |
| bake-at-home ciabatta | 1 | 2 |
| pea pods | 1 small packet | 1 medium packet |
| slaw mix | 1 small packet | 1 large packet |
| baby spinach leaves | 1 medium packet | 1 large packet |
| garlic aioli | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2016kJ (482Cal) | 490kJ (117Cal) |
| Protein (g) | 45.1g | 11g |
| Fat, total (g) | 13.8g | 3.4g |
| - saturated (g) | 1.8g | 0.4g |
| Carbohydrate (g) | 41.8g | 10.2g |
| - sugars (g) | 12.3g | 3g |
| Sodium (mg) | 1243mg | 302mg |

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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!

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2024 | CW14



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

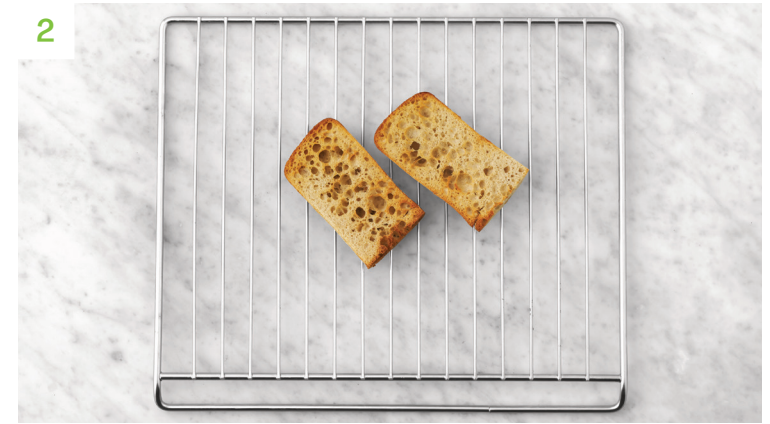


Toss the slaw

- In a large bowl, combine **slaw mix**, **pea pods**, **baby spinach leaves**, **croutons**, **garlic aioli**, 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



Get prepped

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- Toast or grill **ciabatta** to your liking, then cut into bite-sized chunks.
- Trim and thinly slice **pea pods** length ways.

4



Toss and serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate



Classic Chocolate Self-Saucing Pudding

with Cream

Grab your Meal Kit with this symbol



Chocolate Brownie Mix



Light Cooking Cream

Prep in: **10-20 mins**
Ready in: **45-55 mins**

Finish your feast with the very best kind of chocolate pudding—a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that is sure to please.

Pantry items

Butter, Eggs, Milk

N



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double the ingredients and bake 2 batches of self-saucing pudding

You will need

15x20cm baking dish

Ingredients

| | 4 People |
|-----------------------|-----------------|
| butter* | 80g |
| chocolate brownie mix | 1 medium packet |
| eggs* | 2 |
| milk* | 5 tbs |
| boiling water* | 1¼ cups |
| light cooking cream | 1 medium packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving* | Per 100g |
|------------------|-----------------|-----------------|
| Energy (kJ) | 2488kJ (594Cal) | 1331kJ (318Cal) |
| Protein (g) | 9.9g | 5.3g |
| Fat, total (g) | 29.2g | 15.6g |
| - saturated (g) | 17.2g | 9.2g |
| Carbohydrate (g) | 72.6g | 38.8g |
| - sugars (g) | 59.6g | 31.9g |
| Sodium (mg) | 230mg | 123mg |

The quantities provided above are averages only.

*Nutritional values are based on 4 servings.

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Get prepped

- Preheat oven to **180°C/160°C fan-forced**. Boil the kettle.
- Melt the **butter** in the microwave or a saucepan. Reserve 2 tbs of **chocolate brownie mix** and set aside.



Bake the pudding

- Pour **chocolate mixture** into a baking dish. Evenly sprinkle over **reserved chocolate brownie mix**, then gently pour 1¼ cups **boiling water** over the back of a large metal spoon to cover the pudding.
- Bake until pudding is just set and the centre has a wobble, **35-38 minutes**.
- Remove from oven. Rest pudding for **5 minutes**.

TIP: Pouring the water over the back of a spoon is a gentle way of adding the water without damaging the pudding.



Combine the ingredients

- Crack the **eggs** into a large mixing bowl. Add remaining **chocolate brownie mix**, the **milk**, **melted butter** and a pinch of **salt**. Stir until well combined.



Serve up

- Divide chocolate self-saucing pudding between bowls.
- Serve with **light cooking cream**. Enjoy!

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