



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 medium packet
Hot Dog Bun	4
Mixed Salad Leaves	1 small bag

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2774kJ (663Cal)	711kJ (169Cal)
Protein (g)	47.9g	12.3g
Fat, total (g)	24.9g	6.4g
- saturated (g)	5.6g	1.4g
Carbohydrate (g)	59.5g	15.3g
- sugars (g)	7.1g	1.8g
Sodium (g)	574mg	147mg

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 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

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.



Cafe fave

Lemon Sugar Pancakes
with Lemon Curd & Almonds



Quick brunch

Prosciutto & Cheese Croissant
with Dijon Mustard



Snack on the go

Choc Chip Protein Cookie
Youfoodz

Quick Lunches

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



Lunch bites

Sweet Chilli Tofu Bao Buns
with Creamy Pea Pod Slaw & Crispy Shallots



Ready to heat

Creamy Chicken Carbonara
No Prep | Ready in 5



Yum cha at home

Chicken Gyoza
Chan's Yum Cha at Home

Sides & Desserts

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



The perfect side

Pear & Parmesan Green Salad
with Parsley & Pine Nuts



Crowd favourite

Lemon Drizzle Cake & Lemon Curd
with White Chocolate Ganache & Passionfruit



Bake with kids

Chocolate Almond Cookies
with White Chocolate Drizzle & Toasted Coconut