



Mediterranean Glazed Chicken & Pesto Salad

with Semi-Dried Tomatoes & Hummus

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Garlic & Herb Seasoning



Chicken Thigh



Cucumber



Kale



Basil Pesto



Mixed Salad Leaves



Semi-Dried Tomatoes



Hummus



Pepitas



Chilli Flakes (Optional)



Chicken Thigh



Beef Strips

Prep in: 15-20 mins
Ready in: 20-30 mins

Carb Smart

Protein Rich

Eat Me Early

We're in our light and bright era so only a salad will do! This basil pesto-laced kale number is truly something special. With herby and honey-glazed chicken, semi-dried tomatoes, crunchy pepitas and hummus, this salad has punch in every bite!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
cucumber	1	2
kale	1 medium packet	2 medium packets
basil pesto	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
semi-dried tomatoes	1 packet	2 packets
hummus	1 medium packet	1 large packet
pepitas	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641cal)	331kJ (79cal)
Protein (g)	40.8g	5g
Fat, total (g)	44.6g	5.5g
- saturated (g)	6.7g	0.8g
Carbohydrate (g)	17.3g	2.1g
- sugars (g)	7.4g	0.9g
Sodium (mg)	997mg	123.3mg
Dietary Fibre (g)	12.1g	1.5g

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

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Cook the chicken

- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken thigh**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken thigh**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.
- Remove pan from heat, then add the **honey** and a splash of **water**, turning **chicken** to coat.



Toss the salad

- In a large bowl, combine **basil pesto** and a drizzle of the **vinegar** and **olive oil**.
- Add **kale**, **mixed salad leaves**, **semi-dried tomatoes** and **cucumber**, tossing to coat. Season to taste.



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Tear **kale** leaves from the stems then thinly slice, discarding stems.



Serve up

- Slice chicken.
- Divide pesto salad between bowls.
- Top with Mediterranean glazed chicken and **hummus**.
- Sprinkle over **pepitas** and **chilli flakes** (if using) to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

