



# Quick Chermoula-Honey Chicken Salad

with Charred Capsicum & Babaganoush

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Capsicum



Spring Onion



Cucumber



Chicken Tenderloins



Chermoula Spice Blend



Babaganoush



Spinach & Rocket Mix



Golden Goddess Dressing



Pepitas



Chicken Tenderloins



Salmon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

These chermoula-honey chicken tenders deserve a salad that is just as tasty as they are. Stepping up to the plate today, is charred capsicum, spring onion, pepitas and babaganoush, all ready to take you on a Middle Eastern flavour adventure!

### 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
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
spring onion	1 stem	2 stems
cucumber	1	2
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
babaganoush	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
spinach & rocket mix	1 medium packet	2 medium packets
golden goddess dressing	1 packet	2 packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
pepitas	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1972kJ (471cal)	269kJ (64cal)
Protein (g)	42.7g	5.8g
Fat, total (g)	27.9g	3.8g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	11.1g	1.5g
- sugars (g)	6.9g	0.9g
Sodium (mg)	782mg	106.7mg
Dietary Fibre (g)	5.8g	0.8g

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](https://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

2024 | CW48



1



## Get prepped

- Thinly slice **capsicum** into strips.
- Thinly slice **spring onions** and **cucumber** into rounds.
- In a medium bowl, combine **chicken tenderloins**, **chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil**.
- In a small bowl, combine **babaganoush**, a drizzle of **olive oil**, a pinch of **salt** and a splash of **water**.

3



## Cook chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- Remove from heat, then add the **honey**, turning **chicken** to coat.

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

2



## Cook capsicum

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum**, tossing, until tender and slightly charred, **4-5 minutes**. Transfer to a large bowl and allow to cool.

4



## Serve up

- To the bowl with the capsicum, add cucumber, spring onion, **spinach & rocket mix**, **golden goddess dressing** and a drizzle of **vinegar**. Toss to combine and season to taste.
- Divide charred capsicum salad between bowls.
- Top with chermoula-honey chicken and babaganoush.
- Garnish with **pepitas** to serve. Enjoy!

## CUSTOM OPTIONS



### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



### SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

