



Garlicky Chicken Salad Ciabatta

with Fries & Harissa Yoghurt

FEEL-GOOD TAKEAWAY

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

27



Potato



Carrot



Tomato



Garlic



Harissa Paste



Greek-Style Yoghurt



Chicken Breast



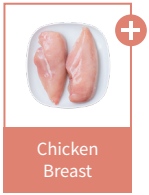
Garlic & Herb Seasoning



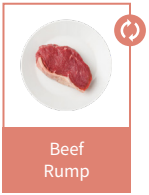
Bake-At-Home Ciabatta



Mixed Salad Leaves



Chicken Breast



Beef Rump

Prep in: 10-20 mins
Ready in: 30-40 mins

Protein Rich

Eat Me Early

No need to visit a sandwich shop, we've elevated a classic sanga into a gourmet delight! With herby chicken, fresh salad and a mildly spiced harissa yoghurt, you won't believe how much flavour we packed between two pieces of bread.

Pantry items

Olive Oil, White Wine Vinegar

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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
harissa paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
bake-at-home ciabatta	2	4
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2984kJ (713cal)	451kJ (68cal)
Protein (g)	54.3g	8.2g
Fat, total (g)	12.7g	1.9g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	92.7g	14g
- sugars (g)	14.2g	2.1g
Sodium (mg)	1250mg	189.1mg
Dietary Fibre (g)	11.1g	1.7g

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

2025 | CW04



1



Cook the fries

- Set air fryer to **200°C**. Cut **potato** into fries. Place **fries** into the air fryer basket, drizzle with **olive oil** and season with **salt**.
- Cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

3



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked when it is no longer pink inside.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

2



Get prepped

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **tomato** into rounds.
- Finely chop **garlic**.
- In a small microwave-safe bowl, combine **garlic** and a drizzle of **olive oil** and microwave in **10 second** bursts until fragrant.
- Add **harissa paste** and **Greek-style yoghurt** to garlic oil, stirring to combine. Season to taste. Set aside.

4



Finish & serve

- While chicken is cooking, slice **bake-at-home ciabatta** in half lengthways and toast or bake directly on wire racks in the oven until heated through, **5 minutes**.
- In a second medium bowl, combine carrot ribbons and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Spread ciabatta bases with harissa yoghurt. Top with **mixed salad leaves**, tomato, carrot ribbons and garlicky chicken.
- Serve with fries. Enjoy!

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

