



Buffalo Chicken Salad with Cheese, Corn Chips & Mustard Mayo

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2868kJ (685Cal) | Protein 50g | Fat, total 30.5g - saturated 7g | Carbohydrate 48.9g - sugars 19.1g | Sodium 1652mg
The quantities provided above are averages only.

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2022 | WK43 | V



Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Mustard Mayo	1 medium pkt	1 large pkt
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
Tomato Salsa	1 medium pkt	1 large pkt

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.

1. Sizzle



All-American Spice Blend



Chicken Tenderloins



Sweetcorn



BBQ Sauce

2. Chop



Cherry/Snacking Tomatoes



Baby Cos Lettuce



Baby Spinach Leaves



Mustard Mayo



Shredded Cheddar Cheese

3. Serve



Corn Chips



Tomato Salsa

- In a bowl, combine **spice blend** and a drizzle of **olive oil**. Add **chicken**, tossing to coat
- Drain **sweetcorn**
- Heat **oil** in a frying pan over high heat. Cook **chicken** on one side until browned, **3-4 mins**. Flip **chicken**, then add **corn** and cook until corn is charred and chicken is cooked through (no longer pink inside), **3-4 mins**
- Remove pan from heat, then add **BBQ sauce**, turning **chicken** to coat

- Meanwhile, halve **tomatoes**. Chop **cos lettuce**
- In a bowl, combine **tomatoes**, **spinach**, **lettuce**, **mustard mayo**, **cheese** and a drizzle of **olive oil**. Season

- Plate up **salad**. Top with **chicken**
- Break over **corn chips** (1/2 packet for 2P / 1 packet for 4P)
- Top with **salsa** to serve



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