



Easy As Peri-Peri Chicken & Cheddar Pitas

with Corn Cob & Tomato Salad

15-MINUTE MEALS

Grab your meal kit with this number

36



Corn



Chicken Breast Strips



Peri-Peri Seasoning



Tomato



Cucumber



Mixed Salad Leaves



Pita Bread



Smokey Aioli



Shredded Cheddar Cheese



Chicken Breast Strips



Peeled Prawns

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early

Tender chicken breast strips get seasoned in our smokey peri-peri seasoning, then loaded into warm pitas nestled in with leafy greens, tomato, cucumber and a sprinkling of Cheddar cheese. Finish with a drizzle of our favourite smokey aioli and a side of buttery corn for a delicious, fun-filled meal!

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
corn	1 cob	2 cobs
butter*	20g	40g
chicken breast strips	320g	640g
peri-peri seasoning	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
pita bread	4	8
smokey aioli	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2840kJ (679Cal)	571kJ (137Cal)
Protein (g)	45.8g	9.2g
Fat, total (g)	39.2g	7.9g
- saturated (g)	14.2g	2.9g
Carbohydrate (g)	24.4g	4.9g
- sugars (g)	14.2g	2.9g
Sodium (mg)	1170mg	235mg
Dietary Fibre (g)	4.8g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the corn

- Cut **corn cob** in half.
- Transfer **corn** to a large microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high, until tender, **4-5 minutes**.
- Drain any excess liquid, then add the **butter** and season with **salt** and **pepper**. Cover to keep warm.

3



Prep the veggies

- While chicken is cooking, thinly slice **tomato** into wedges.
- Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine **mixed salad leaves**, **cucumber**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.

2



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken breast strips** in batches, until browned and cooked through, turning occasionally, **6-8 minutes**.
- In the **last minute** of cook time, sprinkle over **peri-peri seasoning** and cook, tossing until fragrant.

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

4



Finish & serve

- Microwave **pita bread** on a plate in **10 second** bursts until warmed through.
- Halve pita bread, spread inside with **smokey aioli**, then fill with salad, peri-peri chicken and **shredded Cheddar cheese**.
- Serve pitas with corn cob. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



CUSTOM OPTIONS



CHICKEN BREAST STRIPS:

Follow method above, cooking in batches if necessary.



PEELED PRAWNS:

Cook in frying pan with a drizzle of olive oil, tossing, until pink and starting to curl up, 3-4 minutes.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

