

# Quick Crumbed Chicken & Summer Plum Salad

with Avo, Pickled Onion & Mint

GREEN & LEAN

Grab your meal kit with this number

26



Onion



Cucumber



Plum



Cos Lettuce



Avocado



Mint



Chicken Breast



Panko Breadcrumbs



Chicken Breast



Halloumi/  
Grill Cheese

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

Calorie Smart

Protein Rich

Eat Me Early

Tonight, we're bringing the crunch and the tang with a flavour-packed chicken salad! Quick crumbed chicken breast strips are served alongside a vibrant summer salad. Get stuck into a mix of crisp cos lettuce and cucumber, sweet plum and refreshing mint. All tossed in a zingy dressing and finished off with creamy avocado and quick pickled onion for a fresh and satisfying 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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
cucumber	1 (medium)	2 (medium)
plum	1	2
cos lettuce	1 head	2 heads
avocado	1 (small)	1 (large)
mint	1 packet	1 packet
<b>white wine vinegar*</b>	2 tbsp	¼ cup
chicken breast	320g	640g
<b>plain flour*</b>	1 tbsp	2 tbsp
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2160kJ (517Cal)	495kJ (119Cal)
Protein (g)	41.8g	9.6g
Fat, total (g)	45.2g	10.4g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	27g	6.2g
- sugars (g)	6.7g	1.5g
Sodium (mg)	438mg	100mg
Dietary Fibre (g)	6.9g	1.6g

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



## Get prepped

- Thinly slice **onion** (see ingredients). Slice **cucumber** into thin rounds. Cut **plum** into 2cm wedges, carefully removing the stone. Roughly chop **cos lettuce**. Slice **avocado** in half, scoop out flesh and roughly chop. Pick **mint leaves**.
- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add enough **water** to just cover onion. Microwave for **30 second** bursts, until softened.



## Cook the chicken

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Cook **chicken** in batches until golden and cooked through, **3-5 minutes** each side.

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



## Prep the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into the **flour mixture** to coat, then into the **egg** and finally into the **breadcrumbs**. Set aside on a plate.



## Finish & serve

- In a large bowl, combine cos, cucumber, plum, mint, avocado and a drizzle of olive oil and vinegar. Season to taste.
- Slice chicken (if preferred).
- Divide plum salad between plates.
- Top with crumbed chicken to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW05



### CUSTOM OPTIONS



#### CHICKEN BREAST:

Follow method above, cooking in batches if necessary.



#### HALLOUMI/GRILL CHEESE:

Cut into 2cm chunks. Cook, tossing occasionally, until browned, 2-4 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

