



Louisiana Chicken & Charred Corn Salad

with Garlic Croutons, Cherry Tomatoes & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Cherry Tomatoes



Sweetcorn



Garlic



Ciabatta



Diced Chicken



Louisiana Spice Blend



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Hands-on: **10-20 mins**
Ready in: **20-30 mins**



Carb Smart



Eat Me Early

You're not going to believe how simple it is to make this Caesar-inspired salad yourself, from crunchy croutons to herby mayo and tender smokey chicken. Once you've got this baby down, soggy supermarket salads will be a distant memory.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

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 will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	1 punnet
sweetcorn	½ tin	1 tin
garlic	2 cloves	4 cloves
ciabatta	1 packet	1 packet
butter*	30g	60g
diced chicken	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2617kJ (625Cal)	656kJ (157Cal)
Protein (g)	42.2g	10.6g
Fat, total (g)	33.6g	8.4g
- saturated (g)	10.9g	2.7g
Carbohydrate (g)	29.8g	7.5g
- sugars (g)	6.6g	1.7g
Sodium (mg)	1439mg	361mg
Dietary Fibre	4.6g	1.2g

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.



Get prepped

- Halve **cherry tomatoes**. Drain **sweetcorn** (see ingredients). Finely chop **garlic**. Cut or tear **ciabatta** into bite-sized chunks.



Cook the chicken & corn

- Return the frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, **sweetcorn** and **Louisiana spice blend**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Set aside.
- Meanwhile, add **mixed salad leaves**, **cherry tomatoes** and a drizzle of **white wine vinegar** and **olive oil** to the bowl with **croutons**. Season to taste.



Toast the croutons

- In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat.
- Cook **ciabatta** until golden and slightly crisp, **5-6 minutes**.
- Add the **butter** and **garlic** and cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a large bowl.



Serve up

- Divide crouton salad between bowls.
- Top with Louisiana chicken and corn.
- Spoon over **dill & parsley mayonnaise** to serve.

Enjoy!