



Cajun Chicken Salad

with green veg and Greek style cheese

Calorie Smart 20 – 25 mins

20



Diced Chicken Breast



Salad Leaves



Apple



Green Beans



Mayo



Broccolini



Cajun Spice Mix



Greek Style Cheese



Hazelnuts



Apple Cider Vinegar



Mustard

Pantry Items: Salt, Pepper, Oil, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Salad Leaves	120 g	240 g
Apple	1 unit	2 units
Green Beans	75 g	150 g
Mayo	2 sachets	4 sachets
Broccolini	75 g	150 g
Cajun Spice Mix	2 sachets	4 sachets
Greek Style Cheese	100 g	200 g
Hazelnuts	10 g	20 g
Apple Cider Vinegar	1 sachet	2 sachets
Mustard	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	407 g	100 g
Energy (kJ/kcal)	2150.6 kJ/ 514 kcal	528.4 kJ/ 126.3 kcal
Fat (g)	27.4 g	6.7 g
Sat. Fat (g)	10.7 g	2.6 g
Carbohydrate (g)	17 g	4.2 g
Sugars (g)	10 g	2.5 g
Protein (g)	41.3 g	10.1 g
Salt (g)	2.2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

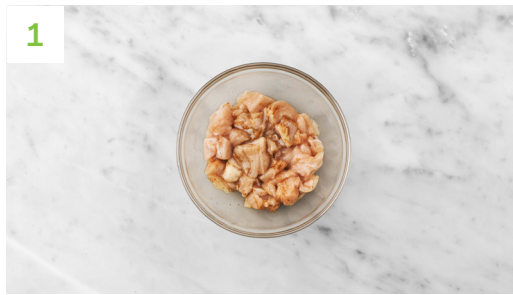
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Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Trim the **green beans** and chop into thirds.
- Chop the **broccolini** into thirds.
- In a large bowl, mix the **chicken** with **Cajun spice**, **salt**, **pepper** and a drizzle of **oil**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Finish and Serve

- Divide the Cajun **chicken** salad between bowls.
- Crumble over the **Greek style cheese**, cracking some **black pepper** on top.
- Garnish with a scattering of toasted **hazelnuts**.

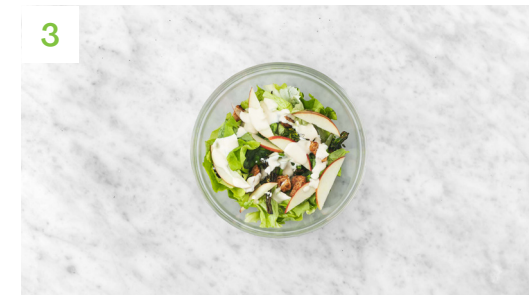
Enjoy!



Roast the Veg

- Toss the **green beans** and **broccolini** with **salt**, **pepper** and a drizzle of **oil**.
- Pop the **chicken** and veg onto a lined baking tray.
- Bake on the top shelf of the oven until cooked through, 12-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Pop the **hazelnuts** onto a separate baking tray. Toast on the middle shelf until golden, 6-8 mins.
- Once cooked, bash the **hazelnuts** or roughly chop.

TIP: Allow chicken to cool after cooking.



Dress the Salad

- Meanwhile, quarter the **apple**, remove the core and seeds and thinly slice.
- Trim the **salad leaves** and thinly slice widthways (or tear into bite-sized pieces).
- In a large bowl, mix the **mayo**, **mustard**, **vinegar**, ¼ tsp **salt**, ½ tsp **sugar** and 2 tbsp **oil** (double all for 4p).
- Add **salad leaves**, **green beans**, **broccolini**, **apple** and **chicken** to the bowl. Toss to coat in the dressing.
- Taste and season with **salt** and **pepper**, if desired.