



Mexican-style Chicken Salad

serves 2

Lunch 15 – 20 mins



Diced Chicken Breast



Mexican Style Spice Mix



Salad Leaves



Sweetcorn



Tomato



Honey Mustard Dressing

Pantry Items: Salt, Pepper



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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.

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

Cooking tools you will need

Sieve

Ingredients

	Quantity
Diced Chicken Breast	260 g
Mexican Style Spice Mix	2 sachets
Salad Leaves	120 g
Sweetcorn	1 pack
Tomato	1 unit
Honey Mustard Dressing	1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	319 g	100 g
Energy (kJ/kcal)	1179.9 kJ/ 282 kcal	369.9 kJ/ 88.4 kcal
Fat (g)	9.3 g	2.9 g
Sat. Fat (g)	1.5 g	0.5 g
Carbohydrate (g)	16.6 g	5.2 g
Sugars (g)	9.9 g	3.1 g
Protein (g)	34.4 g	10.8 g
Salt (g)	0.8 g	0.2 g

Nutrition for uncooked ingredients.

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.

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Prep the Veg

- Trim the **salad leaves** and roughly chop.
- Chop the **tomato** into 1cm chunks.
- Drain the **sweetcorn** in a sieve.
- Just before serving, toss the **salad leaves** with **honey mustard dressing**.

Fry the Chicken

- Place a pan over medium heat with a drizzle of **oil**.
- Add the **chicken** and season with **Mexican spice, salt and pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Fry until golden brown and cooked through, 8-10 mins.

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

Finish and Serve

- Divide the salad between plates and top with Mexican-spiced **chicken**.
- Spoon the **corn** and diced **tomato** over the top.

Enjoy!