



# Mexican Spiced Chicken Salad

with black beans, pickled onion and creamy dressing

15 – 20 mins

23



Diced Chicken Breast



Mexican Style Spice Mix



Black Beans



Onion



Lime



Salad Leaves



Sweetcorn



Creme Fraiche



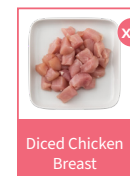
Coriander



Red Wine Vinegar



Tomato



Diced Chicken Breast

Pantry Items: Sugar, Salt, Oil, 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

	2P	4P
Diced Chicken Breast	260 g	520 g
Mexican Style Spice Mix	2 sachets	4 sachets
Black Beans	1 pack	2 packs
Onion	1 unit	2 units
Lime	1 unit	2 units
Salad Leaves	120 g	240 g
Sweetcorn	1 pack	2 packs
Crema Fraiche	110 g	220 g
Coriander	5 g	10 g
Red Wine Vinegar	1 sachet	2 sachets
Tomato	1 unit	2 units
Diced Chicken Breast	520 g	1040 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	406 kJ / 97 kcal	413 KJ / 99 kcal
Fat (g)	3.7 g	3.2 g
Sat. Fat (g)	1.6 g	1.3 g
Carbohydrate (g)	7.1 g	5.9 g
Sugars (g)	1.8 g	1.5 g
Protein (g)	7 g	9.8 g
Salt (g)	0.2 g	0.2 g

See site or app for detailed nutritional info.

## 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

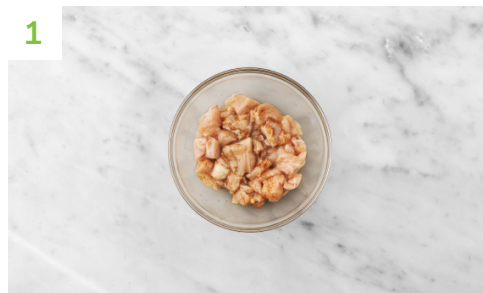
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### Season the Chicken

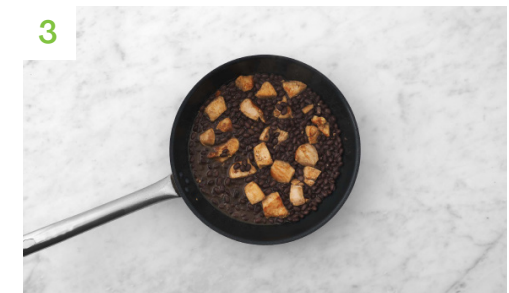
- In a bowl, mix 1 tbsp **oil** (per 2P) with **half** the **Mexican spice mix**.
- Add the **chicken** to the bowl.
- IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Toss to coat in the **spices** and set aside.

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



### Pickle the Onion

- Halve, peel and thinly slice the **onion**.
- Pop the **onion** into a bowl along with ¼ tsp **sugar** (per 2P), ¼ tsp **salt** (per 2P) and the **red wine vinegar**.
- Set aside, continuing to stir at regular intervals.



### Cook the Chicken

- Drain the **beans** in the sieve.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until cooked through, 8-10 mins.
- When the **chicken** has cooked for 5 mins, add the **black beans** and remaining **Mexican spice**.
- Cook for the remaining time, 3-5 mins.
- IMPORTANT:** Chicken is cooked when no longer pink in the middle.



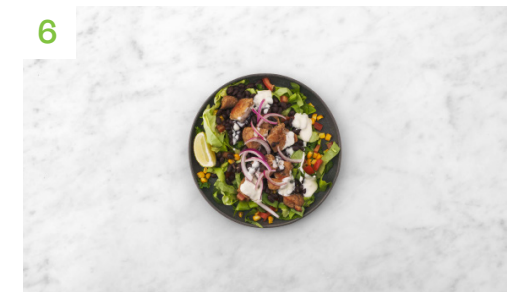
### Prep the Veg

- Meanwhile, drain the **corn** in a sieve.
- Chop the **tomato** into 1cm chunks.
- Trim the **salad leaves** and roughly chop.
- Roughly the **coriander** (stalks and all).
- In a salad bowl, combine the **corn, tomato, coriander, salad leaves** and a drizzle of **oil**. Season with **pepper**.



### Finishing Touches

- Quarter the **lime**.
- In a small bowl, mix the **crema fraiche** with a drizzle of **oil** and the juice of one **lime** wedge (per 2P).



### Serve and Enjoy

- Divide the salad between plates.
- Spoon the **beans** with the **chicken** on top.
- Drizzle over the **crema fraiche** dressing and garnish with the drained pickled **onion**.
- Serve with the remaining **lime** wedges alongside for squeezing over.

Enjoy!