

Frank's RedHot Sizzling Chicken Salad



with Charred Sweetcorn and Feta

Limited Edition 35 Minutes • Medium Spice • 2 of your 5 a day • Under 600 calories



Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Frying Pan, Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Sweetcorn**	150g	245g	326g
Baby Gem Lettuce**	1	1½	2
Spring Onion**	1	2	2
Medium Tomato	1	11/2	2
Garlic Clove	1	1	2
Diced Chicken Thigh**	280g	420g	560g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Frank's RedHot Original Sauce	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Ciabatta 11) 13)	1	11/2	2
Rocket**	20g	30g	40g
Feta Cheese 7)**	50g	75g	100g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to quarantee you get the best quality pepper. Nutrition

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	Per serving	Per 100g			
for uncooked ingredient	499g	100g			
Energy (kJ/kcal)	2352 /562	471/113			
Fat (g)	28	6			
Sat. Fat (g)	9	2			
Carbohydrate (g)	38	8			
Sugars (g)	14	3			

Nutrition for uncooked ingredients based on 2 person recipe.

39

2.54

Allergens

Protein (g)

Salt (g)

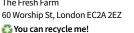
7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Prep Time

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain the sweetcorn in a sieve. Trim the root from the **baby gem lettuce**, halve lengthways, then thinly slice widthways. Trim and thinly slice the **spring onion**. Chop the tomatoes into 2cm pieces. Peel and grate the garlic (or use a garlic press).



Char the Veggies

Heat a large frying pan on medium-high heat (no oil). Once the pan is hot, add the sweetcorn and sliced **bell pepper**. Cook until nicely charred, 5-6 mins. Stir only twice during this time - you want the **veggies** to brown and char. Once charred, transfer to a bowl and cover with foil. Give your pan a quick wash.



Chicken Time

Add a splash of **oil** to the (now clean) pan and pop on medium-high heat. Once the **oil** is hot, add the diced chicken thigh to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Make the Dressing

Whilst the **chicken** cooks, preheat your grill to high. Pop the red wine vinegar, half of the Frank's RedHot Original Sauce, oil and sugar (see ingredients for both amounts) into a large bowl and season with salt and pepper, mix in the tomatoes.



Crouton Time

When the chicken has 5 mins left, tear the ciabatta into 2cm chunks and pop onto a low-sided baking tray with a drizzle of **oil** and the **grated garlic**, season with salt and pepper. Mix to coat and spread out in a single layer. Grill on the top shelf of your oven until golden and crisp, 4-5 mins.



Time to Serve

Once the chicken is cooked, take it off the heat and let it cool slightly. Pour half of the Frank's RedHot **Original Sauce** into the pan and mix well to coat. Pop the sliced **baby gem**, **rocket**, cooked **chicken**, charred veggies, and croutons into the bowl with the **dressing**. Mix gently to combine. Share between your bowls. Top with the **spring onion**, and crumble over the **feta**. Enjoy!

In collaboration with



Meet the Heat

Premium blended aged cayenne peppers add a kick of heat and a whole lot of flavour in this delicious hot pepper sauce.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information. Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.