

Peri Peri Chicken Salad

with Corn and Feta

hellóchef

While Peri Peri is in fact a type of chilli, the name has become synonymous with spicy grilled chicken.

Cals 492 • Prot 58 • Carbs 38 • Fat 12

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🕒 cook: 25 min

R2615



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Peri peri chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Smoked paprika powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Garlic onion powder	4	4	8	Grams
Dried oregano	2	2	4	Grams
Worcestershire sauce 6* , 11*	15	22	30	ML
Water	15	20	30	ML
Salt	0.5	0.5	1	Tsp

Salad				
Lemon	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Salt	0.5	0.5	1	Tsp
Romaine lettuce	200	300	400	Grams
Feta cheese 4*	100	150	200	Grams
Cherry tomatoes	150	250	300	Grams
Sweet corn kernels	122	244	244	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

*6 Fish, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2058 / 492
Fat (g)	12.3
of which saturates (g)	6.2
Carbohydrate (g)	38
of which sugars (g)	16.5
Fiber (g)	7.7
Protein (g)	57.8
Salt (g)	5.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Simmer chicken

Bring a large pot of water to a boil. Add the whole **chicken breasts** and cook for 6–8 min or until cooked through. Drain and transfer the **chicken** onto a plate. Using two forks, pull the **chicken** until it's fully shredded. Reserve the pot.



2 Make dressing

Meanwhile, juice the **lemon** into a large bowl. Add the **olive oil, honey**, a pinch of **salt** and **black pepper**. Whisk until combined. This is your **lemon dressing**.



3 Prep salad

Roughly chop the **lettuce**. Chop the **feta cheese** into cubes. Chop the **cherry tomatoes** in half. Drain the **sweet corn kernels**.



4 Add spices

Return the pot to a medium heat with a drizzle of **oil**. Once hot, add the **smoked paprika, chipotle powder (spicy!), garlic onion powder** and **dried oregano**. Fry for 1 min. After 1 min, add the **Worcestershire sauce, measured water** and the **chicken**. Simmer over a medium-low heat for 5 min. Remove the pot from the heat and season with **salt**.

Tip! Frying the spice is essential to avoid any raw flavours or bitterness. Don't have a precise measuring jug to hand? Use a spoon measurement instead. 1 tbsp consists of 15 ml.



5 Toss salad

Meanwhile, add the **lettuce, tomatoes** and **corn** to the **lemon dressing** and toss to coat. **Tip!** Don't dress the salad until just before serving so it doesn't go soggy.



6 Serve

Divide the **salad** among plates or bowls and top with the **peri peri chicken** and **feta**.