



Ranch Chicken Salad

with Herby Croutons, Corn & Cheddar

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweetcorn



Bake-At-Home Ciabatta



All-American Spice Blend



Chicken Tenderloins



Garlic & Herb Seasoning



Snacking Tomatoes



Mixed Salad Leaves



Ranch Dressing



Shredded Cheddar Cheese



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Carb Smart*
**Custom recipe is not Carb Smart*

Topped with perfectly seasoned chicken tenders and brought together with crisp ciabatta croutons and creamy ranch dressing, this is our kind of salad! The cheese gets nice and gooey from the seared chicken for that extra yum factor, and the sweet bursts of cherry tomato add a pop of colour and some acidity to balance the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
bake-at-home ciabatta	½	1
All-American spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	½ medium sachet	1 medium sachet
snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	1 medium bag	1 large bag
ranch dressing	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (504Cal)	532kJ (127Cal)
Protein (g)	46.8g	11.8g
Fat, total (g)	22.8g	5.8g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	26.1g	6.6g
- sugars (g)	6.7g	1.7g
Sodium (mg)	1128mg	285mg
Dietary Fibre (g)	6.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2821kJ (674Cal)	503kJ (120Cal)
Protein (g)	83.4g	14.9g
Fat, total (g)	25.2g	4.5g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	26.1g	4.7g
- sugars (g)	6.7g	1.2g
Sodium (mg)	1198mg	214mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Drain **sweetcorn**.
- Cut or tear **bake-at-home ciabatta (see ingredients)** into bite-sized chunks.
- In a medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken tenderloins**, turning to coat. Set aside.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are 'popping' out.

Custom Recipe: If you've doubled your chicken tenderloins, season chicken as above.

3



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Meanwhile, halve **snacking tomatoes**. To the bowl with corn, add **tomatoes, mixed salad leaves, croutons** and **ranch dressing**. Season, then toss to coat.

Custom Recipe: Cook chicken in batches for the best results.

2



Make the herby croutons

- In a second medium bowl, combine torn **ciabatta, garlic & herb seasoning (see ingredients)** and a generous drizzle of **olive oil**. Toss to coat.
- Return frying pan to medium-high heat. Cook **ciabatta**, tossing, until golden, **3-4 minutes**. Transfer to a plate.

4



Serve up

- Divide ranch salad between bowls.
- Top with chicken.
- Sprinkle with **shredded Cheddar cheese** to serve. Enjoy!

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