

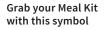
# Quick Garlicky Ranch Chicken & Crouton Salad

with Honey Dijon Dressing

NEW

KID FRIENDLY

BESTSELLER







Ciabatta





Garlic & Herb Seasoning



**Chicken Tenderloins** 



Tomato





Mixed Salad

Dijon Mustard



Ranch Dressing

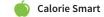


Flaked Almonds





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



Sometimes only a salad bowl will do, so we've made sure to load this one full of some serious goodness. With tomato, apple, croutons and almonds for crunch, this chicken salad is the perfect meal if you want a simple weeknight dinner or something to pack for your lunch tomorrow!

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

## 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

ingi calcii	63	
	2 People	4 People
olive oil*	refer to method	refer to method
bake-at-home ciabatta	1	2
cornflour	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
tomato	1	2
apple	1	2
Dijon mustard	1 packet	2 packets
honey*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
ranch dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)
ac acad		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Per Serving	Per 100g
2076kJ (496Cal)	520kJ (124Cal)
44.7g	11.2g
10.7g	2.7g
1.5g	0.4g
52.7g	13.2g
13.7g	3.4g
1039mg	260mg
	2076kJ (496Cal) 44.7g 10.7g 1.5g 52.7g 13.7g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2464kJ (589Cal)	<b>554kJ</b> (132Cal)
Protein (g)	51.6g	11.6g
Fat, total (g)	17.5g	3.9g
- saturated (g)	4g	0.9g
Carbohydrate (g)	53.5g	12g
- sugars (g)	14.2g	3.2g
Sodium (mg)	1469mg	330mg

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





#### Get prepped

- Cut bake-at-home ciabatta into slices.
- · Toast or grill the ciabatta to your liking.
- · Meanwhile, in a medium bowl, combine cornflour, garlic & herb seasoning, chicken tenderloins and a pinch of salt.



#### Make the salad

- Meanwhile, roughly chop tomato.
- · Thinly slice apple into wedges.
- · Tear ciabatta into chunks.
- In a large bowl, combine **Dijon mustard**, the **honey**, a drizzle of the **white** wine vinegar and a good drizzle of olive oil. Season.
- Add mixed salad leaves, ciabatta, tomato and apple. Toss to coat.

**Little cooks:** Take the lead by tossing the salad!



#### Cook the chicken

- In a large frying pan, heat a good drizzle of **olive oil** over medium-high heat.
- Cook chicken until browned and cooked through, 3-4 minutes each side.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've added diced bacon, cook diced bacon with chicken tenderloins, breaking up bacon with a spoon, until golden, 6-7 minutes.



## Serve up

- Divide crouton salad between bowls. Top with chicken.
- · Drizzle over ranch dressing.
- Sprinkle over flaked almonds to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the flaked almonds and drizzling over the ranch!