














# Quick Garlicky Ranch Chicken & Crouton Salad

with Honey Dijon Dressing

NEW KID FRIENDLY BESTSELLER


Grab your Meal Kit with this symbol



-  Bake-At-Home Ciabatta
-  Cornflour
-  Garlic & Herb Seasoning
-  Chicken Tenderloins
-  Tomato
-  Apple
-  Dijon Mustard
-  Mixed Salad Leaves
-  Ranch Dressing
-  Flaked Almonds
-  Diced Bacon

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

 Calorie Smart

 Eat Me Early

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!

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

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	½ tbs	1 tbs
<b>white wine vinegar*</b>	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)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2076kJ (496Cal)	520kJ (124Cal)
Protein (g)	44.7g	11.2g
Fat, total (g)	10.7g	2.7g
- saturated (g)	1.5g	0.4g
Carbohydrate (g)	52.7g	13.2g
- sugars (g)	13.7g	3.4g
Sodium (mg)	1039mg	260mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2464kJ (589Cal)	554kJ (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](https://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



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## 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**.

3



## 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!

2



## 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.

4



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)