



Quick Aussie-Spiced Chicken & Garlicky Croutons

with Mustard-Cider Salad & Parmesan Cheese

NEW

Grab your Meal Kit with this symbol



- Chicken Tenderloins
- Aussie Spice Blend
- Celery
- Tomato
- Garlic
- Bake-At-Home Ciabatta
- Mixed Salad Leaves
- Mustard Cider Dressing
- Parmesan Cheese
- Chicken Tenderloins

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

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

Eat Me Early

Sometimes only a bountiful Aussie chicken salad will do! With croutons, celery, tomato and Parmesan cheese, you've got all of the additions to make the perfect salad. This one stands out though, with its gorgeous mustard-cider dressing.

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

Pantry items
Olive Oil, Honey, Butter

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
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
honey*	1 tbs	2 tbs
celery	1 medium bag	1 large bag
tomato	1	2
garlic	1 clove	2 cloves
bake-at-home ciabatta	1	2
butter*	20g	40g
mixed salad leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
Parmesan 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)	2255kJ (539Cal)	580kJ (139Cal)
Protein (g)	47g	12.1g
Fat, total (g)	21.7g	5.6g
- saturated (g)	9.6g	2.5g
Carbohydrate (g)	37g	9.5g
- sugars (g)	8g	2.1g
Sodium (mg)	1204mg	309mg
Dietary Fibre (g)	4.4g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (709Cal)	536kJ (128Cal)
Protein (g)	83.6g	15.1g
Fat, total (g)	24.2g	4.4g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	37g	6.7g
- sugars (g)	8g	1.4g
Sodium (mg)	1274mg	230mg

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



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** and **Aussie spice blend**, tossing, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat and add the **honey**, turning to coat.

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

Custom Recipe: If you've doubled your chicken, combine chicken tenderloins with spice blend as above. Cook in batches for best results.

3



Make the croutons

- Halve **bake-at-home ciabatta** and toast to your liking.
- Meanwhile, in a medium heatproof bowl, in **10 second** bursts, microwave **garlic** and the **butter**, until melted and fragrant.
- Cut or tear toasted **ciabatta** into bite-sized chunks and add to bowl with **garlic butter**, tossing to coat. Season with a pinch of **salt**.

2



Get prepped

- Meanwhile, finely chop **celery** and **garlic**.
- Slice **tomato** into wedges.

4



Toss & serve up

- In a large bowl, combine celery, tomato, **mixed salad leaves**, **mustard cider dressing**, toasted garlic ciabatta and a drizzle of olive oil. Season to taste.
- Slice chicken.
- Divide mustard-cider salad and garlicky croutons between bowls. Top with Aussie-spiced chicken.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

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