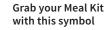


# Loaded Chicken & Bacon Caesar Salad

with Garlic Croutons & Parmesan Cheese

FAST & FANCY









Bake-At-Home Ciabatta



Garlic Paste





**Snacking Tomatoes** 



Cucumber

Baby Cos Lettuce









**Chicken Tenderloins** 



Caesar Dressing





Parmesan Cheese

Prep in: 20-30 mins Ready in: 20-30 mins



Fancy meals don't need to take too long to make. In just four easy steps, you'll have sliced, diced and sizzled your way through some super fresh ingredients and whipped together a loaded chicken and bacon caesar salad. Delish! **Pantry items** Olive Oil, 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
bake-at-home ciabatta	1	2	
diced bacon	1 packet (90g)	1 packet (180g)	
butter*	20g	40g	
garlic paste	1 packet	2 packets	
baby cos lettuce	1 head	2 heads	
snacking tomatoes	1 punnet	2 punnets	
cucumber	1	2	
celery	1 medium bag	1 large bag	
chives	1 bag	1 bag	
chicken tenderloins	1 small packet	2 small packets OR 1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
caesar dressing	1 packet	2 packets	
pine nuts	1 medium packet	1 large packet	
Parmesan cheese	1 medium packet	1 large packet	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3078kJ (736Cal)	483kJ (115Cal)
Protein (g)	57g	8.9g
Fat, total (g)	38.8g	6.1g
- saturated (g)	12.9g	2g
Carbohydrate (g)	37.9g	5.9g
- sugars (g)	6.5g	1g
Sodium (mg)	1669mg	262mg

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.



## Make the garlic croutons

- Cut or tear bake-at-home ciabatta into bite-sized chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook diced bacon, breaking up with a spoon, until slightly browned, **2-3 minutes**. Add **ciabatta** and cook, tossing, until golden, **2-3 minutes**.
- In the last minute of cook time, add the butter and garlic paste and cook, tossing, until fragrant. Transfer to a bowl and set aside.



# Prep the salad

- Meanwhile, roughly chop baby cos lettuce.
- Halve snacking tomatoes.
- Thinly slice cucumber into rounds.
- Finely chop **celery**.
- Thinly slice chives.



### Cook the chicken & bring it all together

- Return frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.
- In the last minute of cook time, sprinkle over Aussie spice blend, turning
- While the chicken is cooking, in a large bowl, combine lettuce, tomatoes, celery, cucumber and caesar dressing. Season to taste.

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



# Serve up

- Divide caesar salad between bowls.
- · Top with chicken and garlic crouton mixture.
- Sprinkle with **pine nuts**, **Parmesan cheese** and chives to serve. Enjoy!



