

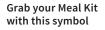
Quick Savoury Chicken & Deluxe Crouton Salad

with Caesar Dressing

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR













Cucumber



Bake-At-Home



Dijon Mustard

Ciabatta



Deluxe Salad



Caesar Dressing



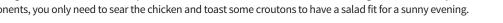
Prep in: 10-20 mins Ready in: 15-25 mins

Eat Me Early



We're in our light and bright era this Summer, so only a salad will do. With our deluxe salad full of cabbage, corn and celery to name a few of its tasty components, you only need to sear the chicken and toast some croutons to have a salad fit for a sunny evening.





Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
savoury seasoning	1 sachet	2 sachets	
chicken tenderloins	1 small packet	2 small packets OR 1 large packet	
tomato	1	2	
cucumber	1	2	
bake-at-home ciabatta	1	2	
Dijon mustard	1 packet	2 packets	
honey*	½ tbs	1 tbs	
vinegar* (white wine or balsamic)	drizzle	drizzle	
deluxe salad mix	1 medium bag	1 large bag	
caesar dressing	½ packet	1 packet	
fetta cubes**	1 medium packet	1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2005kJ (479Cal)	434kJ (104Cal)
Protein (g)	44.5g	9.6g
Fat, total (g)	14.3g	3.1g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	40.1g	8.7g
- sugars (g)	10.6g	2.3g
Sodium (mg)	1110mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (513Cal)	452kJ (108Cal)
Protein (g)	46.7g	9.8g
Fat, total (g)	17.1g	3.6g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	40.1g	8.5g
- sugars (g)	10.6g	2.2g
Sodium (mg)	1323mg	279mg

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.



Cook the chicken

- In a medium bowl, combine savoury seasoning, a pinch of salt and pepper and a drizzle of olive oil. Add chicken tenderloins, toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken, tossing, until browned and cooked through, 3-4 minutes each side.

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



Get prepped

- Meanwhile, roughly chop tomato and cucumber.
- Halve **bake-at-home ciabatta**. Toast or grill to your liking then roughly chop or tear into bite-sized chunks.



Dress the salad

- In a large bowl, combine Dijon mustard, the honey and a drizzle of vinegar and olive oil. Season.
- Add deluxe salad mix, toasted ciabatta, tomato and cucumber. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Serve up

- Divide crouton salad between bowls.
- Top with savoury chicken and drizzle over caesar dressing (see ingredients) to serve. Enjoy!

Custom Recipe: If you've added fetta cubes, crumble fetta cubes over salad to serve.

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns