



# Quick Savoury Chicken & Deluxe Crouton Salad with Caesar Dressing

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Savoury Seasoning



Chicken Tenderloins



Tomato



Cucumber



Bake-At-Home Ciabatta



Dijon Mustard



Deluxe Salad Mix



Caesar Dressing



Fetta Cubes

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

Calorie Smart

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.

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

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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](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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## 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.

3



## 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!

2



## 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.

4



## 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](https://hellofresh.com.au/rate)