



Herby Ranch Chicken & Crouton Salad

with Cherry Tomatoes & Flaked Almonds

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Garlic & Herb Seasoning



Chicken Tenderloins



Snacking Tomatoes



Apple



Dijon Mustard



Mixed Salad Leaves



Ranch Dressing



Flaked Almonds



Chicken Tenderloins

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

Eat Me Early

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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
olive oil*	refer to method	refer to method
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
snacking tomatoes	1 packet	2 packets
apple	1	2
Dijon mustard	1 packet	2 packets
honey*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	2 medium packets
ranch dressing	1 packet	2 packets
flaked almonds	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)	2528kJ (604Cal)	522kJ (125Cal)
Protein (g)	49.2g	10.2g
Fat, total (g)	11.9g	2.5g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	72.2g	14.9g
- sugars (g)	13g	2.7g
Sodium (mg)	1336mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3240kJ (774Cal)	499kJ (119Cal)
Protein (g)	85.7g	13.2g
Fat, total (g)	14.3g	2.2g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	72.4g	11.1g
- sugars (g)	13g	2g
Sodium (mg)	1407mg	217mg

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



Get prepped

- Cut **bake-at-home ciabatta** into slices.
- Toast or grill **ciabatta** to your liking.
- Meanwhile, in a medium bowl, combine **garlic & herb seasoning, chicken tenderloins** and a pinch of **salt**.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken as above.



Make the salad

- Meanwhile, halve **snacking tomatoes**.
- Thinly slice **apple** into wedges.
- Tear **ciabatta** into chunks.
- In a large bowl, combine **Dijon mustard**, the **honey**, a drizzle of **white wine vinegar** and a good drizzle of **olive oil**. Season.
- Add **mixed salad leaves, ciabatta, snacking tomatoes** and **apple**. Toss to coat.

Little cooks: Take the lead by tossing the salad!



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: Cook chicken, as above, in batches for best results.



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

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