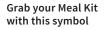


Herby Ranch Chicken & Crouton Salad with Cherry Tomatoes & Flaked Almonds

SUMMER SALADS

KID FRIENDLY

CLIMATE SUPERSTAR







Bake-At-Home



Seasoning



Chicken Tenderloins











Mixed Salad Leaves



Ranch Dressing



Flaked Almonds





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

Eat Me Early



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!

Olive Oil, Honey, White Wine Vinegar

Pantry items

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		
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		
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^{*}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.



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.



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!



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

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