



# Chicken & Bacon Loaded Caesar Salad

with Garlic Croutons & Parmesan Cheese

FAST & FANCY

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Diced Bacon



Garlic Paste



Baby Cos Lettuce



Snacking Tomatoes



Cucumber



Celery



Chives



Chicken Tenderloins



Aussie Spice Blend



Caesar Dressing



Pine Nuts



Parmesan Cheese

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

Eat Me Early

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 chicken and bacon loaded 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
bake-at-home ciabatta	1	2
diced bacon	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
baby cos lettuce	1 head	2 heads
snacking tomatoes	1 packet	2 packets
cucumber	1	2
celery	1 medium packet	1 large packet
chives	1 packet	1 packet
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)	3661kJ (875Cal)	529kJ (126Cal)
Protein (g)	61.3g	8.9g
Fat, total (g)	39.9g	5.8g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	65.3g	9.4g
- sugars (g)	7.1g	1g
Sodium (mg)	1944mg	281mg

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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## 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.

3



## 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 to coat.
- 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.

2



## Prep the salad

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

4



## Serve up

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

## 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)