



# Plant-Based Crumbed Chick'n Salad

with Garlic Croutons & Pickled Cucumber

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Snacking Tomatoes



Cucumber



Bake-At-Home Ciabatta



Plant-Based Crumbed Chicken



Dijon Mustard



Mixed Salad Leaves



Golden Goddess Dressing



Chicken Tenderloins

Prep in: 20-30 mins  
Ready in: 30-40 mins

Salads are the quickest and easiest meals to whip up when you are short on time, or if you are just craving something light and fresh. This one is made that much better by the little things; the garlicky spiced croutons, the golden goddess dressing and Dijon mustard. Oh, and it is completely plant-based!

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

### Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Honey



## 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
garlic	2 cloves	4 cloves
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
<b>white wine vinegar*</b>	¼ cup	½ cup
bake-at-home ciabatta	1	2
<b>plant-based butter*</b>	20g	40g
plant-based crumbed chicken	1 packet	2 packets
Dijon mustard	1 medium packet	2 medium packets
<b>honey*</b>	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2474kJ (591Cal)	631kJ (151Cal)
Protein (g)	19.9g	5.1g
Fat, total (g)	30.8g	7.9g
- saturated (g)	3.6g	0.9g
Carbohydrate (g)	55.5g	14.2g
- sugars (g)	7.4g	1.9g
Sodium (mg)	1443mg	368mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1945kJ (465Cal)	435kJ (104Cal)
Protein (g)	42.9g	9.6g
Fat, total (g)	15.6g	3.5g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	36.3g	8.1g
- sugars (g)	6.4g	1.4g
Sodium (mg)	661mg	148mg

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



## Get prepped

- Finely chop **garlic**.
- Halve **snacking tomatoes**.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Add enough **water** to just cover **cucumber**. Set aside.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



## Make the dressing

- Meanwhile, in a large bowl, combine **Dijon mustard**, the **honey**, a splash of **pickling liquid** and a drizzle of **olive oil**.



## Make the garlic croutons

- Cut **bake-at-home ciabatta** into slices.
- Toast or grill **ciabatta** to your liking.
- In a small heatproof bowl, add **garlic** and the **plant-based butter** and microwave in **10 second** bursts, until melted and fragrant. Season with **salt** and **pepper**.
- Brush **garlic butter** over ciabatta, then roughly chop.



## Toss the salad

- Drain **pickled cucumber**.
- To the bowl with dressing, add **cucumber**, **tomatoes** and **mixed salad leaves**. Toss to combine and season to taste.



## Cook the crumbed chick'n

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

**Custom Recipe:** If you've swapped to chicken tenderloins, heat the frying pan over medium-high heat with a drizzle of olive oil. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes.



## Serve up

- Roughly slice chick'n.
- Divide salad between bowls. Top with plant-based crumbed chick'n and garlic croutons. Drizzle over **golden goddess dressing** to serve. Enjoy!

**Custom Recipe:** Slice chicken and serve as above.

## Rate your recipe

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