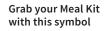


# Plant-Based Crumbed Chick'n Salad

with Garlic Croutons & Pickled Cucumber

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Cucumber







Crumbed Chicken



Mixed Salad Leaves



Dijon Mustard

Golden Goddess Dressing





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!

**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

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|--|-----------------|---------------------------------------|--|--|
|  | 2 People        | 4 People                              |  |  |
| olive oil*   | refer to method | refer to method                       |  |  |
| garlic   | 2 cloves        | 4 cloves                              |  |  |
| snacking<br>tomatoes   | 1 medium packet | 2 medium packets                      |  |  |
| cucumber   | 1               | 2                                     |  |  |
| white wine<br>vinegar*   | 1/4 cup         | ½ cup                                 |  |  |
| bake-at-home<br>ciabatta   | 1               | 2                                     |  |  |
| plant-based<br>butter*   | 20g             | 40g                                   |  |  |
| plant-based<br>crumbed chicken   | 1 packet        | 2 packets                             |  |  |
| Dijon mustard  | 1 medium packet | 2 medium packets                      |  |  |
| honey*   | ½ tbs           | 1 tbs                                 |  |  |
| mixed salad<br>leaves  | 1 medium packet | 1 large packet                        |  |  |
| golden goddess<br>dressing   | 1 packet        | 2 packets                             |  |  |
| chicken<br>tenderloins**   | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |  |
| At the state of th |                 |                                       |  |  |

<sup>\*</sup>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 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

Scan here if yo 2024 | CW15



# 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 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.



## 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.



# Make the dressing

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



# 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.



## 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.



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