



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



Plant-Based Crumbed Chicken

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

Plant Based

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.

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
white wine vinegar*	¼ cup	½ cup
bake-at-home ciabatta	1	2
plant-based butter*	20g	40g
plant-based crumbed chicken	1 packet	2 packets
Dijon mustard	1 medium packet	2 medium packets
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	689kJ (165Cal)
Protein (g)	20.6g	4.7g
Fat, total (g)	44.8g	10.3g
- saturated (g)	5.6g	1.3g
Carbohydrate (g)	54.1g	12.5g
- sugars (g)	6.1g	1.4g
Sodium (mg)	1452mg	334mg
Dietary Fibre (g)	12.1g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4233kJ (1012Cal)	778kJ (186Cal)
Protein (g)	34.1g	6.3g
Fat, total (g)	62.4g	11.5g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	73.5g	13.5g
- sugars (g)	7.1g	1.3g
Sodium (mg)	2304mg	424mg
Dietary Fibre (g)	16.5g	2.8g

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.



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



Cook the crumbed chicken

- 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 doubled your plant-based crumbed chicken, cook chick'n in batches for the best results.



Serve up

- 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!

We're here to help!

Scan here if you have any questions or concerns

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