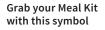


Plant-Based Crumbed Chick'n Salad

with Garlic Croutons & Pickled Cucumber

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Snacking Tomatoes



Cucumber



Bake-At-Home

Ciabatta





Dijon Mustard

Crumbed Chicken



Mixed Salad Leaves



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.



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
Incredients

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	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*	1/4 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	1 packet	2 packets	

*Pantry Items **Custom Recipe Ingredient

Nutrition

chicken**

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	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 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 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.



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



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!

