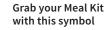


# Loaded Chicken & Bacon Caesar Salad

with Garlic Croutons & Parmesan Cheese

FAST & FANCY







Bake-At-Home Ciabatta





Garlic Paste



Baby Cos Lettuce



**Snacking Tomatoes** 



Celery



Cucumber

Spring Onion



Chicken Tenderloins



**Aussie Spice** 

Blend

Pine Nuts



Caesar Dressing





Parmesan Cheese



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



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
olive oil*	refer to method	refer to method
bake-at-home ciabatta	1	2
diced bacon	1 medium packet	1 large packet
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
baby cos lettuce	1 head	2 heads
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
celery	1 medium packet	1 large packet
celery spring onion	1 medium packet 1 stem	1 large packet 2 stems
,		0 1
spring onion chicken	1 stem	2 stems 2 medium packets
spring onion chicken tenderloins Aussie spice	1 stem 1 medium packet	2 stems 2 medium packets OR 1 large packet
spring onion chicken tenderloins Aussie spice blend	1 stem 1 medium packet 1 medium sachet	2 stems 2 medium packets OR 1 large packet 1 large sachet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3625kJ (866Cal)	523kJ (125Cal)
Protein (g)	61.3g	8.8g
Fat, total (g)	38.9g	5.6g
- saturated (g)	13g	1.9g
Carbohydrate (g)	65.4g	9.4g
- sugars (g)	7.3g	1.1g
Sodium (mg)	1944mg	281mg
Dietary Fibre (g)	9.5g	1.5g

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.



# 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.



# Prep the salad

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



# 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.



#### Serve up

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



Scan here if you have any questions or concerns

