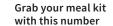


Aussie-Spiced Chicken & Mustard-Cider Salad

with Garlicky Croutons & Parmesan Cheese

CLIMATE SUPERSTAR









Chicken Tenderloins



Celery









Ciabatta





Dressing



Parmesan Cheese





Prep in: 15-25 mins Ready in: 15-25 mins

Pantry items Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tbs	2 tbs
celery	1 medium packet	1 large packet
tomato	1	2
garlic	1 clove	2 cloves
bake-at-home ciabatta	1	2
butter*	20g	40g
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2841kJ (679Cal)	640kJ (153Cal)
Protein (g)	51.5g	11.6g
Fat, total (g)	22.9g	5.2g
- saturated (g)	9.8g	2.2g
Carbohydrate (g)	64.3g	14.5g
- sugars (g)	8.6g	1.9g
Sodium (mg)	1478mg	333mg
Dietary Fibre (g)	6.2g	1.4g

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.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook
 chicken tenderloins and Aussie spice blend, tossing until browned and
 cooked through, 3-4 minutes each side.
- Remove pan from heat and add the **honey**, turning to coat.

TIP: Chicken is cooked through when it is no longer pink inside.



Get prepped

- Meanwhile, finely chop celery and garlic.
- Slice tomato into wedges.



Make the croutons & toss the salad

- Halve bake-at-home ciabatta and toast to your liking.
- Meanwhile, in a medium microwave-safe bowl, microwave garlic and the butter, in 10 second bursts, until melted and fragrant.
- Cut or tear **toasted ciabatta** into bite-sized chunks and add to bowl with garlic butter, tossing to coat. Season with a pinch of **salt**.
- In a large bowl, combine celery, tomato, mixed salad leaves, mustardcider dressing, toasted garlic ciabatta and a drizzle of olive oil. Season.



Serve up

- · Slice chicken.
- Divide mustard-cider salad and garlicky croutons between bowls. Top with Aussie-spiced chicken.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

