



Loaded Chicken & Bacon Caesar Salad

with Garlic Croutons & Parmesan Cheese

FAST & FANCY

Grab your meal kit with this number

22



Bake-At-Home Ciabatta



Diced Bacon



Garlic Paste



Baby Cos Lettuce



Snacking Tomatoes



Cucumber



Celery



Spring Onion



Chicken Tenderloins



Aussie Spice Blend



Caesar Dressing



Pine Nuts



Parmesan Cheese

Pantry items

Olive Oil, Butter

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

Eat Me Early

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!

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
bake-at-home ciabatta	1	2
diced bacon	1 medium packet	1 large packet
butter*	20g	40g
garlic paste	1 packet	2 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
spring onion	1 stem	2 stems
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
caesar dressing	1 packet	2 packets
pine nuts	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3620kJ (865cal)	259kJ (62cal)
Protein (g)	61.3g	4.4g
Fat, total (g)	38.8g	2.8g
- saturated (g)	13g	0.9g
Carbohydrate (g)	65.4g	4.7g
- sugars (g)	7.3g	0.5g
Sodium (mg)	1944mg	139.3mg
Dietary Fibre (g)	11.3g	0.8g

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.

We're here to help!

Scan here if you have any questions or concerns

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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.



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 **chicken** to coat.
- While the chicken is cooking, in a large bowl, combine **lettuce, tomatoes, celery, cucumber** and **caesar dressing**. Season with **salt** and **pepper** to taste.

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



Prep the salad

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



Serve up

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

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