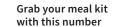


Loaded Chicken & Bacon Caesar Salad

with Garlic Croutons & Parmesan Cheese

FAST & FANCY











Snacking Tomatoes

Garlic Paste



Cucumber



Spring Onion



Mixed Salad

Chicken Tenderloins



Aussie Spice Blend





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 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

9			
	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	
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	
mixed salad leaves	1 medium packet	1 large packet	
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.



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

- · 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 mixed salad leaves, tomatoes, celery, cucumber and caesar dressing. Season to taste with salt and pepper.

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



Prep the salad

- Meanwhile, 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 and garlic croutons mixture.
- Sprinkle with **pine nuts**, **Parmesan cheese** and spring onion to serve. Enjoy!



