



Plant-Based Crumbed Chick'n Salad

with Garlic Croutons & Pickled Cucumber

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Garlic



Snacking Tomatoes



Cucumber



Bake-At-Home Ciabatta



Plant-Based Crumbed Chicken



Dijon Mustard



Mixed Salad Leaves



Golden Goddess Dressing



Chicken Tenderloins



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

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

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

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
garlic	2 cloves	4 cloves
snacking tomatoes	1 packet	2 packets
cucumber	1	2
white wine vinegar*	¼ 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 packet	2 packets
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854cal)	392kJ (94cal)
Protein (g)	25g	2.7g
Fat, total (g)	46g	5g
- saturated (g)	5.8g	0.6g
Carbohydrate (g)	81.3g	8.9g
- sugars (g)	6.7g	0.7g
Sodium (mg)	1743mg	191.3mg
Dietary Fibre (g)	12.1g	1.3g

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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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 dressing

- Meanwhile, in a large bowl, combine **Dijon mustard**, the **brown sugar**, a splash of **pickling liquid** and a drizzle of **olive oil**.



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.



Toss the salad

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



Cook the crumbed chicken

- In a large frying pan, heat enough **olive oil** to coat 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.



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!

CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes.



DOUBLE PLANT-BASED CRUMBED CHICKEN

Follow method above, cooking in batches if necessary.

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

