



Quick Garlicky Ranch Chicken & Crouton Salad

with Honey Mustard Dressing

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Bake-At-Home Ciabatta



Garlic & Herb Seasoning



Chicken Tenderloins



Snacking Tomatoes



Apple



Mustard Cider Dressing



Mixed Salad Leaves



Ranch Dressing



Chicken Tenderloins



Haloumi

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

Eat Me Early

Sometimes only a salad bowl will do, so we've made sure to load this one full of some serious goodness. With tomato, apple, croutons and almonds for crunch, this chicken salad is the perfect meal if you want a simple weeknight dinner or something to pack for your lunch tomorrow!

Pantry items

Olive Oil, Honey

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
garlic & herb seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
snacking tomatoes	1 packet	2 packets
apple	1	2
mustard cider dressing	1 packet	2 packets
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	2 medium packets
ranch dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3369kJ (805cal)	255kJ (61cal)
Protein (g)	84.9g	6.4g
Fat, total (g)	17.9g	1.4g
- saturated (g)	3g	0.2g
Carbohydrate (g)	72.7g	5.5g
- sugars (g)	14g	1.1g
Sodium (mg)	1461mg	110.4mg
Dietary Fibre (g)	9.6g	0.7g

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.



Get prepped

- Cut **bake-at-home ciabatta** into slices.
- Toast or grill **ciabatta** to your liking.
- Meanwhile, in a medium bowl, combine **garlic & herb seasoning, chicken tenderloins** and a pinch of **salt**.



Make salad

- Meanwhile, halve **snacking tomatoes**.
- Thinly slice **apple** into wedges.
- Tear **ciabatta** into chunks.
- In a large bowl, combine **mustard cider dressing**, the **honey** and a good drizzle of **olive oil**. Season to taste with **salt** and **pepper**.
- Add **mixed salad leaves, ciabatta, snacking tomatoes** and **apple**. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Cook chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, tossing, until browned and cooked through, **3-4 minutes** each side.

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



Serve up

- Divide crouton salad between bowls.
- Top with garlicky chicken.
- Drizzle over **ranch dressing** to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the ranch!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

