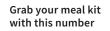


# Plant-Based Crumbed Chick'n Salad

with Garlic Croutons & Pickled Cucumber

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











**Snacking Tomatoes** 



Cucumber





Crumbed Chicken



Dijon Mustard

Ciabatta



Mixed Salad



Dressing

Leaves





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

**Plant Based** 



#### 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	
garlic	2 cloves	4 cloves	
snacking tomatoes	1 packet	2 packets	
cucumber	1	2	
white wine vinegar*	1/4 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	

<sup>\*</sup>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.



## 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 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.



#### 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.



#### 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.



### 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.



# 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!









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

