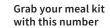


# Quick Garlicky Ranch Chicken & Crouton Salad

with Honey Mustard Dressing

KID FRIENDLY

CLIMATE SUPERSTAR







Ciabatta



Seasoning



Chicken Tenderloins



**Snacking Tomatoes** 







Mixed Salad



Ranch Dressing

Leaves





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



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!



## 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

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	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	

<sup>\*</sup>Pantry Items

## **Nutrition**

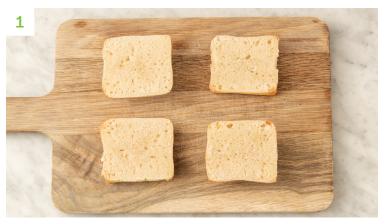
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3369kJ (805cal)	255kJ (61cal)
Protein (g)	84.9g	6.4g
Fat, total (g)	17.9g	1.4g
- saturated (g)	3g	0.2g
Carbohydrate (g)	72.7g	5.5g
- sugars (g)	14g	1.1g
Sodium (mg)	1461mg	110.4mg
Dietary Fibre (g)	9.6g	0.7g

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.



## 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.



#### 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



## 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!

**Little cooks:** Take the lead by tossing the salad!





DOUBLE CHICKEN TENDERLOINS
Follow method above, cooking in batches if necessary.



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.

