



Zesty Chicken & Avocado Salad

with Caesar Dressing & Fetta

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Avocado



Apple



Baby Cos Lettuce



Lemon



Chicken Tenderloins



Savoury Seasoning



Fetta Cubes



Caesar Dressing



Chicken Tenderloins



Haloumi

Prep in: 15-25 mins
Ready in: 20-30 mins

Carb Smart

Eat Me Early

Protein Rich

We're in our light and bright era so only a salad will do! With savoury chicken, a zesty avocado cos lettuce salad, feta cubes and a tasty caesar dressing, you'll be on salad duty everyday This one just tastes that good!

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
avocado	1	2
apple	1	2
baby cos lettuce	1 head	2 heads
lemon	½	1
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
fetta cubes	1 medium packet	1 large packet
caesar dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2168kJ (518cal)	218kJ (52cal)
Protein (g)	43.2g	4.4g
Fat, total (g)	31.9g	3.2g
- saturated (g)	5.9g	0.6g
Carbohydrate (g)	13.4g	1.3g
- sugars (g)	11.5g	1.2g
Sodium (mg)	873mg	87.9mg
Dietary Fibre (g)	13.1g	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

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Thinly slice **apple** into wedges.
- Roughly chop **baby cos lettuce**.
- Slice **lemon** into wedges.



Toss the salad

- In a large bowl, combine the **honey**, a good squeeze of **lemon** and a generous drizzle of **olive oil**.
- Add **cos lettuce**, **avocado** and **apple**. Season with **salt** and **pepper** and toss to coat.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** and **savoury seasoning**, tossing to coat, until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.



Serve up

- Divide zesty avocado salad between bowls then top with chicken.
- Crumble over **fetta cubes** and drizzle with **caesar dressing**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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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.

