

Garlicky Chicken & Caesar-Style Salad

with Roast Veggies & Walnuts

KID FRIENDLY

Grab your meal kit with this number

42



Carrot



Potato



Brown Onion



Caesar Dressing



Mayonnaise



Parmesan Cheese



Chicken Breast



Garlic & Herb Seasoning



Tomato



Mixed Salad Leaves



Walnuts




Diced Bacon



Beef Rump

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

 Carb Smart

 Protein Rich

 Eat Me Early

Pop some veg in the oven, whip up a simple sauce, sear some chicken with our garlic and herb seasoning and you'll have a delight of a dinner. We've swapped croutons with walnuts to keep the crunch and flavour up and the carbs down.

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
brown onion	1	2
caesar dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2600kJ (621cal)	234kJ (56cal)
Protein (g)	48g	4.3g
Fat, total (g)	35.5g	3.2g
- saturated (g)	6.1g	0.5g
Carbohydrate (g)	26.3g	2.4g
- sugars (g)	13.7g	1.2g
Sodium (mg)	877mg	78.9mg
Dietary Fibre (g)	10.6g	1g

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.



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into small chunks.
- Slice **brown onion** into thick wedges.



Cook the chicken

- When the veggies have **10 minutes** remaining, cut **chicken breast** into 2cm-thick strips.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken**. Season to taste, then toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken strips**, tossing occasionally, browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

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



Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the salad

- Meanwhile, thinly slice **tomato** into wedges.
- In a second medium bowl, combine a drizzle of the **white wine vinegar** and **olive oil**.
- Season to taste, then add **tomato** and **mixed salad leaves**. Toss to coat.



Make the sauce

- Meanwhile, in a small bowl, combine **caesar dressing**, **mayonnaise** and **Parmesan cheese** (save a pinch for garnish!).
- Season to taste.



Serve up

- Divide garlicky chicken, roast veggies and salad between plates.
- Drizzle caesar-style sauce over chicken and salad.
- Sprinkle **walnuts** and reserved Parmesan over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to salad.

↻ SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

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

