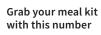


Garlicky Chicken & Caesar-Style Salad with Roast Veggies & Walnuts

KID FRIENDLY









1



Carb Smart

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 \cdot 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		

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Nucricion			
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.



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 sauce

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



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.



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.



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!



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. sci Rest then slice before serving. ins

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

