



# Quick Ranch Chicken Salad

with Herby Croutons, Corn & Cheddar

SUMMER SALADS

KID FRIENDLY

Grab your meal kit with this number

5



Sweetcorn



Bake-At-Home Ciabatta



All-American Spice Blend



Chicken Tenderloins



Garlic & Herb Seasoning



Snacking Tomatoes



Mixed Salad Leaves



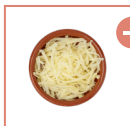
Ranch Dressing



Cheddar Cheese



Chicken Tenderloins



Cheddar Cheese

Prep in: 15-25 mins  
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

Topped with perfectly seasoned chicken tenders and brought together with crisp ciabatta croutons and creamy ranch dressing, this is our kind of salad! The cheese gets nice and gooey from the seared chicken for that extra yum factor, and the sweet bursts of cherry tomato add a pop of colour and some acidity to balance the richness.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
bake-at-home ciabatta	½	1
All-American spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	½ medium sachet	1 medium sachet
snacking tomatoes	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2171kJ (539cal)	539kJ (134cal)
Protein (g)	46.3g	11.5g
Fat, total (g)	23g	5.7g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	29.3g	7.3g
- sugars (g)	8.3g	2.1g
Sodium (mg)	1097mg	272.2mg
Dietary Fibre (g)	6.5g	1.6g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Drain **sweetcorn**.
- Cut or tear **bake-at-home ciabatta** (see ingredients) into bite-sized chunks.
- In a medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken tenderloins**, turning to coat. Set aside.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a bowl.

**TIP:** Cover the pan with a lid if the kernels are 'popping' out.

3



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Meanwhile, halve **snacking tomatoes**.
- To the bowl with the corn, add **tomatoes, mixed salad leaves, croutons** and **ranch dressing**. Season to taste, then toss to coat.

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

**CUSTOM OPTIONS**



**DOUBLE CHICKEN TENDERLOINS**

Follow method above, cooking in batches if necessary.



**DOUBLE CHEDDAR CHEESE**

Follow method above.

2



## Make the herby croutons

- In a second medium bowl, combine torn **ciabatta, garlic & herb seasoning** (see ingredients) and a generous drizzle of **olive oil**. Toss to coat.
- Return frying pan to medium-high heat. Cook **ciabatta** until golden, **3-4 minutes**. Transfer to a plate.

**Little cooks:** Take charge by combining the ciabatta, seasoning and olive oil!

4



## Serve up

- Divide ranch salad between bowls.
- Top with chicken and herby croutons.
- Sprinkle with **Cheddar cheese** to serve. Enjoy!

**We're here to help!**

Scan here if you have any questions or concerns

2024 | CW49



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

