



Aussie Chicken & Cheesy Crouton Salad

with Ranch Dressing & Caramelised Onion

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Tomato



Brown Onion



Bake-At-Home Ciabatta



Aussie Spice Blend



Mixed Salad Leaves



Shaved Parmesan Cheese



Chicken Breast



Ranch Dressing



Plant-Based Crumbed Chicken

Prep in: 25-35 mins
Ready in: 35-45 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

You won't believe how simple it is to make this delicious salad. From the crunchy croutons to sweet caramelised onions and tender chicken, once you've got this baby down, soggy supermarket salads will be a distant memory.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home ciabatta	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
ranch dressing	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (546Cal)	440kJ (105Cal)
Protein (g)	45.4g	8.7g
Fat, total (g)	19.3g	3.7g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	46g	8.8g
- sugars (g)	16.6g	3.2g
Sodium (mg)	1120mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2841kJ (679Cal)	611kJ (146Cal)
Protein (g)	26.6g	5.7g
Fat, total (g)	33.5g	7.2g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	65g	14g
- sugars (g)	17.6g	3.8g
Sodium (mg)	1809mg	389mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons. Cut **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.



Cook the chicken

- While the croutons are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, turn to coat.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, until cooked through (when no longer pink inside), **3-6 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've swapped to plant-based crumbed chicken, combine plant-based chicken with Aussie spice blend and heat frying pan as above. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Caramellise the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Bring it all together

- While the chicken is cooking, combine **ranch dressing** and a drizzle of **olive oil** in a second large bowl.
- Add **mixed salad leaves**, **roast veggies** and **cheesy croutons**. Gently toss to combine. Season to taste.



Bake the cheesy croutons

- Meanwhile, cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- Place torn **ciabatta** on a second lined oven tray. Drizzle with **olive oil** and sprinkle over 1/2 the **shaved Parmesan cheese**.
- Toss to coat, then bake until golden, **5-8 minutes**.



Serve up

- Slice Aussie chicken.
- Divide cheesy crouton salad between plates.
- Top with chicken, spooning over any juices from the pan.
- Spoon caramelised onion over chicken. Sprinkle with remaining Parmesan to serve. Enjoy!

Rate your recipe

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