



Carb Smart Chicken & Bacon Caesar Salad

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2682kJ (641Cal) | Protein 55.9g | Fat, total 29.4g - saturated 7.4g | Carbohydrate 36.7g - sugars 4.4g | Sodium 1500mg
The quantities provided above are averages only | **Carb Smart**

We're here to help! Scan here
2023 | WK14 | V



Get ready

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'll need

(along with the basics)

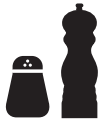


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Diced Bacon	1 pkt (90g)	1 pkt (180g)
Chicken Tenderloins	1 small pkt	1 large pkt
Shaved Parmesan Cheese	1 pkt (26g)	1 pkt (56g)
Caesar Dressing	1 pkt (50g)	2 pkts (100g)

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.

1. Chop



Baby Cos Lettuce



Snacking Tomatoes



Bake-At-Home Ciabatta

- Roughly chop **cos lettuce**
- Halve **tomatoes**
- Cut or tear **ciabatta** into bite-sized chunks



2. Sizzle



Diced Bacon



Chicken Tenderloins



Garlic & Herb Seasoning

- Heat frying pan over high heat with **olive oil**. Cook **ciabatta** until browned, **1-2 mins**. Add **bacon** and cook, breaking up **bacon** with a spoon, until browned, **4-5 mins**. Transfer to large bowl
- Return pan to medium-high heat with enough **olive oil** to coat the base. Cook **chicken** until browned and cooked through (no longer pink inside), **3-4 mins** each side. In the **last min**, sprinkle over **seasoning**, turning **chicken** to coat



3. Toss



Pine Nuts



Shaved Parmesan Cheese



Caesar Dressing

- To the **ciabatta-bacon** bowl, add **lettuce, tomatoes, pine nuts, Parmesan** and **caesar dressing**. Season, then toss
- Plate up **salad**. Top with **chicken**



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