



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 2704kJ (646Cal) | Protein 56.2g | Fat, total 28.7g - saturated 7.2g | Carbohydrate 36.7g - sugars 4.4g | Sodium 1514mg | Dietary Fibre 8.1g
The quantities provided above are averages only | **Carb Smart**

We're here to help! Scan here
2023 | WK22 | W



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	2 pkts

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



Ciabatta

2. Sizzle



Diced Bacon



Chicken Tenderloins



Garlic & Herb Seasoning

3. Toss



Pine Nuts



Shaved Parmesan Cheese



Caesar Dressing

- Roughly chop **lettuce**. Halve **tomatoes**
- Cut or tear **ciabatta** into chunks
- Heat **oil** in a frying pan over high heat. Cook **ciabatta**, tossing, until golden, **2-3 mins**

- Heat frying pan over high heat with **olive oil**. Add **bacon** and cook, breaking up with a spoon, until browned, **4-5 mins**. Transfer to large bowl
- Return pan to medium-high heat with enough **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

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



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