



Chicken & Bacon Caesar-Style Salad with Pepitas

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3427KJ (819Cal) | Protein 64.2g | Fat, total 45.2g - saturated 12g | Carbohydrate 37.1g - sugars 4.6g | Sodium 1875mg
The quantities provided above are averages only.

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2022 | WK46 | V



Get ready

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

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

You'll need
(along with the basics)

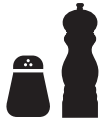


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Diced Bacon	1 pkt (90g)	1 pkt (180g)
Caesar Dressing	2 pkts	4 pkts
Shaved Parmesan Cheese	1 large pkt	2 large 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. Sizzle



Chicken Tenderloins



Diced Bacon



Aussie Spice Blend

2. Toast



Bake-At-Home Ciabatta



Cucumber



Baby Cos Lettuce



Snacking Tomatoes



Caesar Dressing



Shaved Parmesan Cheese

3. Toss



Pepitas

- Heat **olive oil** in a frying pan over high heat. Cut **chicken** into 2cm chunks
- Cook **bacon**, breaking up with a spoon, **1 min**. Add **chicken** and cook until browned and cooked through, **5-6 mins**
- Add **spice blend** and a splash of **water**. Cook until fragrant, **1 min**

- Toast or grill **ciabatta**, then tear into chunks. Drizzle with **oil** and season
- Roughly chop **cucumber** and **lettuce**. Halve **tomatoes**
- In a bowl, combine **cucumber**, **tomatoes**, **lettuce**, **croutons**, 1/2 the **caesar dressing** and 1/2 the **Parmesan**. Season

- Divide **salad** between plates. Top with **chicken** and **bacon**
- Drizzle with remaining **caesar dressing**
- Serve sprinkled with **pepitas** and remaining **Parmesan**



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