

Garlicky Chicken & Caesar-Style Salad

with Roast Veggies & Walnuts

Grab your Meal Kit with this symbol



Carrot



Potato



Red Onion



Garlic & Herb Seasoning



Tomato



Mixed Salad Leaves



Walnuts



Caesar Dressing



Mayonnaise



Grated Parmesan Cheese



Chicken Tenderloins



Plant-Based Crumbed Chicken

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart*

**Custom Recipe is not Carb Smart*

Pop some veg in the oven, whip up a simple sauce, sear some chicken with our garlic and herb seasoning and you'll have a delight of a dinner. We've swapped croutons with walnuts to keep the crunch and flavour up, and the carbs down.

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

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
red onion	1	2
caesar dressing	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
tomato	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
walnuts	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	473kJ (113Cal)
Protein (g)	49.1g	8.8g
Fat, total (g)	35.2g	6.3g
- saturated (g)	5.8g	1g
Carbohydrate (g)	28.1g	5g
- sugars (g)	14.2g	2.5g
Sodium (mg)	942mg	169mg
Dietary Fibre (g)	10.9g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3235kJ (773Cal)	644kJ (154Cal)
Protein (g)	26.9g	5.4g
Fat, total (g)	52.2g	10.4g
- saturated (g)	6.9g	1.4g
Carbohydrate (g)	46.6g	9.3g
- sugars (g)	14.8g	2.9g
Sodium (mg)	1649mg	328mg

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

2022 | CW25



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **carrot** and **potato** into small chunks.
- Slice **red onion** into thick wedges.



2 Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



3 Make the caesar-style sauce

- Meanwhile, combine **caesar dressing**, **mayonnaise** and most of the **grated Parmesan cheese** (save a pinch for garnish!) in a small bowl.
- Season to taste.



4 Cook the chicken

- When the veggies have **10 minutes** remaining, combine **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl. Add **chicken tenderloins**. Season, then toss **chicken** to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **5-6 minutes** each side.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've swapped to plant-based crumbed chicken, add it to the bowl with the seasoning, then gently turn to coat. Heat the pan over medium-high heat with a generous drizzle of olive oil. Cook the plant-based chicken until just browned, 2-3 minutes each side.



5 Make the salad

- Meanwhile, slice **tomato** into wedges.
- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato** and **mixed salad leaves**.
- Toss to coat.



6 Serve up

- Divide garlicky chicken, roast veggies and salad between plates.
- Drizzle caesar-style sauce over chicken and salad.
- Sprinkle **walnuts** and reserved Parmesan over salad to serve. Enjoy!

Rate your recipe

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