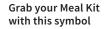


Garlicky Chicken & Caesar-Style Salad with Roast Veggies & Walnuts











Potato





Red Onion

Garlic & Herb Seasoning



Tomato

Mixed Salad







Caesar Dressing



Chicken Tenderloins

Grated Parmesan Cheese



Mayonnaise

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





Eat Me Early

Pop some veg in the oven, whip up a simple sauce, sear some chicken tenders 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.



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

9			
	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 medium packet	1 large packet	
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	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2687kJ (642Cal)	459kJ (110Cal)
Protein (g)	49.3g	8.4g
Fat, total (g)	35.2g	6g
- saturated (g)	5.8g	1g
Carbohydrate (g)	30.2g	5.2g
- sugars (g)	15.6g	2.7g
Sodium (mg)	949mg	162mg
Dietary Fibre (g)	11.3g	1.9g

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.



Prep the veggies

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



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.



Make the sauce

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



Cook the chicken

- When the veggies have 10 minutes remaining, combine garlic & herb seasoning and a drizzle of olive oil in a medium bowl. Season, then add chicken tenderloins, tossing to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned and cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).

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



Make the salad

- Meanwhile, thinly 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.



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!

