

# 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



Chicken Tenderloins



Grated Parmesan Cheese



Mayonnaise

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

Carb Smart

Naturally Gluten-Free  
*Not suitable for coeliacs*

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.

### 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
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns



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