



Herby Chicken Waldorf-Style Salad with Croutons

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3313kJ (792Cal) | Protein 50.1g | Fat, total 40.7g - saturated 7g | Carbohydrate 54g - sugars 21.2g | Sodium 1493mg
The quantities provided above are averages only.

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2023 | WK09 | 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
Chicken Tenderloins	1 small pkt	1 large pkt
Mustard Cider Dressing	1 pkt	2 pkts
Garlic Aioli	1 medium pkt	1 large pkt
Fetta Cubes	1 large pkt	2 large pkts

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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



Garlic & Herb Seasoning



Dried Oregano



Bake-At-Home Ciabatta

2. Chop



Snacking Tomatoes



Apple



Celery



Lime



Salad Leaves



Dried Cranberries



Mustard Cider Dressing

3. Toss



Garlic Aioli



Fetta Cubes



Walnuts

- Cut **chicken** into 2cm chunks
- In a bowl, combine **chicken, garlic & herb seasoning, oregano**, a drizzle of **olive oil** and a splash of **water**
- Heat **olive oil** in a frying pan over high heat
- Add **chicken** and cook, tossing, until browned and cooked through, **5-6 mins**
- Meanwhile, toast or grill **ciabatta** to your liking then tear into chunks. Drizzle with **olive oil**, then season

- Halve **snacking tomatoes**. Chop **apple** and **celery**. Slice **lime**
- In a bowl, combine **tomatoes, apple, celery, salad leaves, cranberries** and **dressing**. Season to taste

- In a bowl, combine **aioli, fetta** and a squeeze of **lime juice**
- Plate up **salad**. Top with **chicken, lime aioli-fetta** and **walnuts**
- Serve with remaining **lime**



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