



# ITALIAN CHICKEN SALAD & BACON CROUTONS

with Creamy Pesto Dressing



Make bacon croutons



Garlic



Cherry Tomatoes



Cucumber



Bake-At-Home  
Ciabatta



Bacon



Chicken Breast



Italian Herbs



Creamy Pesto  
Dressing



Mixed Salad  
Leaves



Grated Parmesan  
Cheese

**Pantry Staples:** Olive Oil

Hands-on: **25 mins**  
Ready in: **35 mins**

Eat me early

Low calorie

How to improve golden, fragrant croutons? Just add bacon, of course! Sprinkle them over a hearty salad of succulent chicken, crisp greens and a creamy pesto dressing to make a fresh-tasting feast that'll be loved by all.



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



### 1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Halve the **cherry tomatoes**. Thinly slice the **cucumber** into half-moons. Tear the **bake-at-home ciabatta** into 1cm chunks. Roughly chop the **bacon**. Cut the **chicken breast** into 2cm chunks. In a large bowl, combine the **chicken, garlic** and **Italian herbs**. Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to coat.



### 2 MAKE THE PESTO DRESSING

In a small bowl, add the **creamy pesto dressing**, **2 tsp** of **water** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and mix well.



### 3 FRY THE BACON CROUTONS

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook, stirring occasionally, until starting to turn golden, **2-3 minutes**. Add the **ciabatta** and cook, stirring occasionally, until golden and crisp, **4-5 minutes**. Season to taste with **salt** and **pepper**, then transfer to a medium bowl.



### 4 COOK THE CHICKEN

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **herbed chicken** and cook, tossing, until cooked through, **5-6 minutes**.



### 5 BRING IT ALL TOGETHER

In a large bowl, add the **mixed salad leaves, cherry tomatoes, cucumber, grated Parmesan cheese, bacon croutons** and **herbed chicken**. Toss to combine, then drizzle with the **pesto dressing**.

**TIP:** You can serve the chicken on the side if the kids would prefer!



### 6 SERVE UP

Divide the Italian chicken salad between bowls.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
cherry tomatoes	1 punnet
cucumber	2
bake-at-home ciabatta	1
bacon	1 packet
chicken breast	1 packet
Italian herbs	1 sachet
creamy pesto dressing	1 packet (100g)
water*	2 tsp
mixed salad leaves	1 bag (120g)
grated Parmesan cheese	1 packet (30g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2070kJ (495Cal)	553kJ (132Cal)
Protein (g)	36.2g	9.7g
Fat, total (g)	30.4g	8.1g
- saturated (g)	7.1g	1.9g
Carbohydrate (g)	17.6g	4.7g
- sugars (g)	3.9g	1.0g
Sodium (g)	651mg	174mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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