

ITALIAN CHICKEN SALAD & BACON CROUTONS

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.

with Creamy Pesto Dressing





Make bacon croutons







Cherry Tomatoes





Bake-At-Home Ciabatta



Bacon



Chicken Breast



Italian Herbs



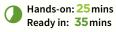


Mixed Salad Leaves



Grated Parmesan

Pantry Staples: Olive Oil







Low calorie

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

large frying pan



¶ GET PREPPED

Finely chop the garlic (or use a garlic press). Halve the cherry tomatoes. Thinly slice the cucumber into half-moons. Tear the bakeat-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.



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.



FRY THE BACON CROUTONS
Heat a large frying pan over a mediumhigh 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.



COOK THE CHICKEN
Return the frying pan to a mediumhigh heat with a drizzle of olive oil. Add the herbed chicken and cook, tossing, until cooked through, 5-6 minutes.



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!



SERVE UPDivide the Italian chicken salad between bowls.

ENJOY!

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
at, 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**

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Hello@HelloFresh.com.au

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