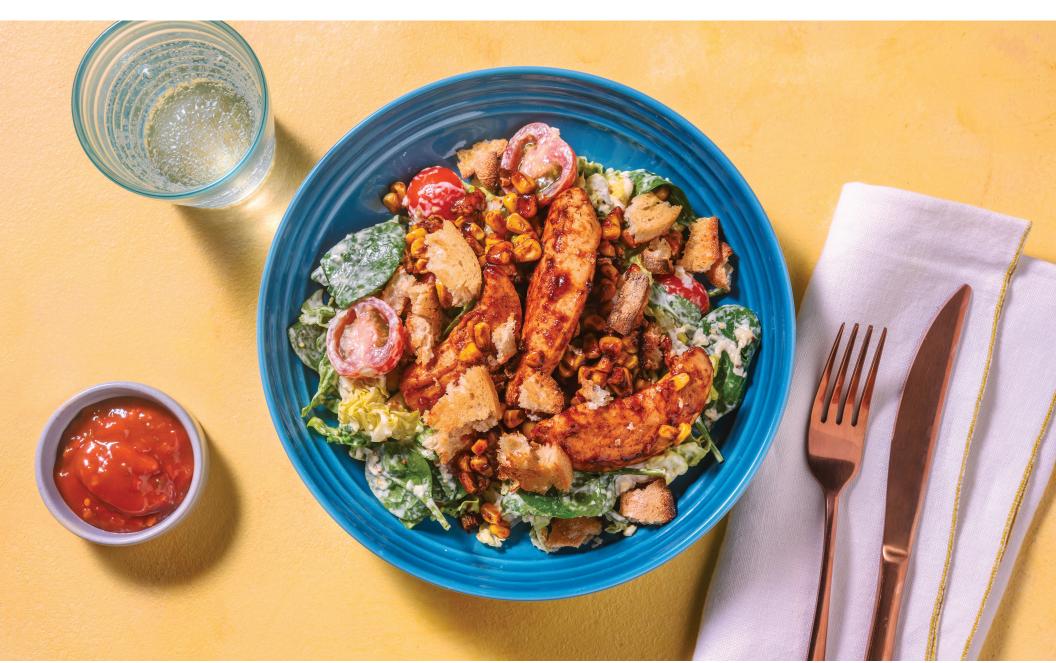


All-American BBQ Chicken Salad with Ciabatta Croutons

Box to plate: 15 mins Eat me early

Grab your Fresh & Fast Meal Kit





FRESH & FAST

Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You'll need

(along with the basics)



From the pantry





Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Mustard Mayo	1 medium pkt	1 large pkt
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
Tomato Salsa	1 medium pkt	1 large pkt

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.

1. Sizzle



All-American

Spice Blend



Chicken

Tenderloins





Sweetcorn



BBQ Sauce

2. Chop



Ciabatta

Baby Spinach

Leaves





Snacking Tomatoes

Baby Cos Lettuce





3. Serve



Tomato Salsa

- In a bowl, combine spice blend and a drizzle of olive oil. Add chicken, tossing to coat
- Drain sweetcorn
- Heat oil in a frying pan over high heat. Cook chicken on one side until browned, 3-4 mins. Flip chicken, then add corn. Cook until corn is charred and chicken is cooked through (no longer pink inside), 3-4 mins
- · Remove pan from heat, then add BBQ sauce, turning chicken to coat

- Meanwhile, slice ciabatta. Toast or grill to your liking
- Halve tomatoes. Chop cos lettuce
- In a bowl, combine tomatoes, spinach, lettuce, mustard mayo, cheese and a drizzle of olive oil. Season
- Plate up salad. Top with chicken and tear over ciabatta
- · Serve with salsa







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