



All-American BBQ Chicken Salad with Ciabatta Croutons

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2687kJ (642Cal) | Protein 51.7g | Fat, total 23g - saturated 6.4g | Carbohydrate 54.2g - sugars 19g | Sodium 1817mg
Calorie smart | The quantities provided above are averages only.

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2023 | WK01 | 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 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



Bake-At-Home Ciabatta



Snacking Tomatoes



Baby Cos Lettuce



Baby Spinach Leaves



Mustard Mayo



Shredded Cheddar Cheese

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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