



# Spiced Chicken & Bacon Caesar-Style Salad

with Garlic Roast Potatoes & Cherry BBQ Sauce

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Garlic



Wholemeal Panini



Diced Bacon



Cos Lettuce



Cucumber



Avocado



Lemon



Cherry Sauce



BBQ Sauce



All-American Spice Blend



Chicken Breast Strips



Cornflour



Grated Parmesan Cheese



Dill & Parsley Mayonnaise

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

Let's get this dinner started with crispy chicken bites and a cherry BBQ sauce to glaze the chicken so your mouth really starts watering. Toss it through the caesar salad with bacon and croutons, a must have in any caesar salad.

### Pantry items

Olive Oil, Butter, Plain Flour

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
wholemeal panini	1	2
diced bacon	1 packet	1 packet
cos lettuce	1 head	2 heads
cucumber	1 (medium)	1 (large)
avocado	1	2
lemon	½	1
cherry sauce	1 medium packet	1 large packet
BBQ sauce	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 packet	1 packet
cornflour	½ packet	1 packet
<b>plain flour*</b>	1 tbs	2 tbs
grated Parmesan cheese	1 medium packet	1 large packet
dill & parsley mayonnaise	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5267kJ (1259Cal)	580kJ (139Cal)
Protein (g)	59.1g	6.5g
Fat, total (g)	69g	7.6g
- saturated (g)	15.8g	1.7g
Carbohydrate (g)	95.1g	10.5g
- sugars (g)	38.9g	4.3g
Sodium (mg)	1878mg	207mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just tender, **18-20 minutes**.
- Meanwhile, finely chop **garlic**. In a small microwave-safe bowl, microwave the **butter** and **garlic** in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- Lightly crush the semi-roasted **potatoes** on the tray. Drizzle with **melted garlic butter**. Return to the oven and roast until golden, a further **8-10 minutes**.

4



## Cook the chicken

- Add **cornflour** (see ingredients) and the **plain flour** to the **chicken**, tossing to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess flour from **chicken**, then cook, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Transfer to a paper towel-lined plate.

2



## Bake the croutons & bacon

- While the potatoes are roasting, cut or tear **wholemeal panini** into bite-sized chunks.
- Place **panini** and **diced bacon** on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and bake until golden, **5-10 minutes**. Transfer to a large bowl.

5



## Finish the salad

- Add **cos lettuce** to the bowl with **bacon** and **croutons**, along with **cucumber**, **avocado**, **grated Parmesan cheese**, **dill & parsley mayonnaise**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine and season to taste.

3



## Get prepped

- Meanwhile, roughly chop **cos lettuce**. Thinly slice **cucumber** into half-moons. Slice **avocado** in half, scoop out flesh and roughly chop. Slice **lemon** into wedges.
- In a small bowl, combine **cherry sauce** and **BBQ sauce**. Set aside.
- In a medium bowl, combine **All-American spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken breast strips** and toss to coat.

6



## Serve up

- Bring everything to the table. Help yourself to some spiced chicken and bacon Caesar-style salad with garlic roast potatoes.
- Serve with cherry BBQ sauce. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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