



Crumbed Chicken & Bacon Caesar Salad

with Croutons & Parmesan Cheese

FAST & FANCY

Grab your Meal Kit with this symbol



Cos Lettuce



Cherry Tomatoes



Radish



Avocado



Walnuts



Wholemeal Panini



Diced Bacon



Crumbed Chicken Breast Strips



Garlic Aioli



Dijon Mustard



Grated Parmesan Cheese



Parsley

Prep in: 15-25 mins
Ready in: 20-30 mins

NEED

Eat Me Early

Pantry items

Olive Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	1 head	2 heads
cherry tomatoes	1 punnet	1 punnet
radish	2	4
avocado	1	2
walnuts	1 packet	2 packets
wholemeal panini	1	2
diced bacon	1 packet	1 packet
crumbed chicken breast strips	1 packet	1 packet
garlic aioli	1 medium packet	1 large packet
dijon mustard	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3989kJ (953Cal)	652kJ (156Cal)
Protein (g)	53.7g	8.8g
Fat, total (g)	57.6g	9.4g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	49.8g	8.1g
- sugars (g)	10.1g	1.7g
Sodium (mg)	1336mg	218mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Roughly chop **cos lettuce**. Halve **cherry tomatoes**. Thinly slice **radish**. Slice **avocado** in half, scoop out flesh and roughly chop. Roughly chop **walnuts**.
- Cut or tear **wholemeal panini** into bite-sized chunks.



Cook the crumbed chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat base of the pan.
- When oil is hot, cook **crumbed chicken breast strips** in batches, until golden and cooked through, **3-4 minutes** each side (depending on thickness).



Cook the croutons & bacon

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panini** until golden and slightly crispy, **1-2 minutes**.
- Add **diced bacon** and **walnuts** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Season to taste and transfer to a large bowl.



Serve up

- Add lettuce to the bowl with panini chunks, along with cherry tomato, radish, avocado, **garlic aioli**, **dijon mustard** and a drizzle of olive oil.
- Toss to combine and season to taste.
- Divide bacon caesar salad between bowls. Top with crumbed chicken.
- Sprinkle over **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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