



Golden Chicken, Bacon & Cos Salad

with Dijon Dressing & Boiled Egg

HALL OF FAME

Grab your Meal Kit with this symbol



Cucumber



Cos Lettuce



Carrot



Chicken Breast



Diced Bacon



Aussie Spice Blend



Dijon Mustard



Mayonnaise



Grated Parmesan Cheese

Recipe Update

We've replaced the radish in this recipe with carrot due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart*
*Custom Recipe is not Carb Smart

Juicy bites of chicken, crispy bacon and perfectly boiled eggs are the stars of this show! All tossed together with crunchy cos lettuce and a drizzle of dijon mayo dressing, get ready to elevate your salad game to a whole new level of yum.

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps

Pantry items

Olive Oil, Eggs, White Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggs*	2	4
cucumber	1 (medium)	1 (large)
cos lettuce	1 head	2 heads
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
dijon mustard	½ medium packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602Cal)	470kJ (112Cal)
Protein (g)	57.8g	10.8g
Fat, total (g)	37.2g	6.9g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	8.7g	1.6g
- sugars (g)	5.9g	1.1g
Sodium (mg)	1374mg	257mg
Dietary fibre (g)	4.8g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (651Cal)	496kJ (119Cal)
Protein (g)	62.1g	11.3g
Fat, total (g)	40.6g	7.4g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	8.8g	1.6g
- sugars (g)	6g	1.1g
Sodium (mg)	1466mg	267mg
Dietary fibre (g)	4.8g	0.9g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW12



1



Boil the eggs

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook the **eggs** in boiling water, over high heat, until hard-boiled, **8-10 minutes**. Drain and cool in cold water.

3



Cook the bacon & chicken

- In a large frying pan heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken, diced bacon** and **Aussie spice blend**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Meanwhile, peel **boiled eggs** and cut into wedges.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Get prepped

- Meanwhile, slice **cucumber** into half-moons. Roughly chop **cos lettuce**. Grate **carrot**.
- Cut **chicken breast** into 2cm chunks.

4



Serve up

- In a large bowl, combine **dijon mustard (see ingredients), mayonnaise** and a drizzle of **white wine vinegar** and olive oil.
- Add cos lettuce, carrot and cucumber to the dressing. Toss to combine and season to taste.
- Divide cos salad between plates.
- Top with golden chicken, bacon and boiled egg. Enjoy!

Custom Recipe: If you've added grated Parmesan cheese, sprinkle over at the end to garnish.

Rate your recipe

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