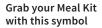


Golden Chicken, Bacon & Cos Salad

with Dijon Dressing & Boiled Egg

HALL OF FAME

















Carrot





Diced Bacon



Blend



Dijon Mustard



Mayonnaise



Pantry items

your recipe card!

Olive Oil, Eggs, White Wine Vinegar

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





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.

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

9			
	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
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





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.

Get prepped

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



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.



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.



Let our culinary team know: hellofresh.co.nz/rate



