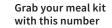


Crispy Chicken & Bacon Caesar-Style Salad

with Garlic Roast Potatoes & Cherry BBQ Sauce

TASTE TOURS













Wholemeal Panini





Cos Lettuce

Cucumber







Lemon





Cherry Sauce





All-American Spice Blend

Chicken Breast





Cornflour

Grated Parmesan Cheese



Dill & parsley Mayonnaise

Pantry items

Olive Oil, Butter, Plain Flour

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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
wholemeal panini	1	2	
diced bacon	1 medium packet	2 medium packets OR 1 large packet	
cos lettuce	1 head	2 heads	
cucumber	1 (medium)	1 (large)	
avocado	1 (small)	1 (large)	
lemon	1/2	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 medium packet	2 medium packets OR 1 large packet	
cornflour	1 packet	2 packets	
plain flour*	1 tbs	2 tbs	
grated Parmesan cheese	1 medium packet	1 large packet	
dill & parsley mayonnaise	1 large packet	2 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5186kJ (1239cal)	316kJ (76cal)
Protein (g)	58.8g	3.6g
Fat, total (g)	68.9g	4.2g
- saturated (g)	15.8g	1g
Carbohydrate (g)	92.9g	5.7g
- sugars (g)	45.6g	2.8g
Sodium (mg)	1893mg	115.4mg
Dietary Fibre (g)	18.6g	1.1g

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.



Roast the potatoes

- Preheat oven to 240°C/220°C.
- 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, add the butter and garlic and microwave 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, 8-10 minutes.



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.



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 (see ingredients) 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.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Add cornflour and the plain flour to the chicken, tossing to coat.
- 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.



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.



Serve up

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

