

Hearty Chicken & Bacon Caesar-Style Salad

with Avocado, Garlic Potatoes & Cherry BBQ Sauce

TASTE TOURS

Grab your meal kit with this number

16



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-style salad with bacon and croutons and get ready for a taste sensation!

Pantry items

Olive Oil, Butter, Plain Flour

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

	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	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 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 packets

*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.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW39



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.
- Once the potatoes are semi-roasted, remove from the oven and lightly crush **potatoes** on the tray. Drizzle with the melted **garlic butter**.
- Return to the oven and continue roasting until golden, **8-10 minutes**.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- To the chicken, add **cornflour** and the **plain flour**, tossing to coat.
- When oil is hot, dust off any excess flour, then cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **4-5 minutes**.
- Transfer to a paper towel-lined plate.



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**, tossing to coat.
- Bake until golden, **5-10 minutes**, then transfer to a large bowl.



Finish the salad

- To the bowl with the bacon and croutons, add **cos lettuce**, **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.



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.



Serve up

- Bring everything to the table. Help yourself to some hearty chicken and bacon Caesar-style salad with garlic potatoes.
- Drizzled over cherry BBQ sauce to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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