

Crumbed Chicken & Bacon Caesar Salad

with Croutons & Parmesan Cheese

FAST & FANCY

Grab your meal kit with this number

37



Cos Lettuce



Cherry Tomatoes



Radish



Avocado



Roasted Almonds



Wholemeal Panini



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast Strips



Diced Bacon



Lemon



Garlic Aioli



Grated Parmesan Cheese



Parsley

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

 Eat Me Early

Short on time but need a salad dressed to impress? Well, you really can't compete with a caesar-style salad. This one has golden crumbed chicken strips to go with a delicious aioli dressing. This salad is ready to be centre of attention.

Pantry items

Olive Oil, Plain Flour, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	1 head	2 heads
cherry tomatoes	½ large packet	1 large packet
radish	2	4
avocado	1 (small)	1 (large)
roasted almonds	1 packet	2 packets
wholemeal panini	1	2
plain flour*	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
lemon	½	1
garlic aioli	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4290kJ (1025cal)	348kJ (83cal)
Protein (g)	65g	5.3g
Fat, total (g)	57.1g	4.6g
- saturated (g)	13.1g	1.1g
Carbohydrate (g)	58.3g	4.7g
- sugars (g)	13.1g	1.1g
Sodium (mg)	1753mg	142.4mg
Dietary Fibre (g)	12.5g	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



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Get prepped

- Roughly chop **cos lettuce**. Halve **cherry tomatoes**. Thinly slice **radish**. Slice **avocado** in half, scoop out flesh and roughly chop. Roughly chop **roasted almonds**.
- Cut or tear **wholemeal panini** into bite-sized chunks.
- In a shallow bowl, combine the **plain flour**, **Aussie spice blend** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken breast strips** in **flour mixture**, followed by the **egg**, and finally the **breadcrumbs**. Transfer to a plate.



Cook the crumbed chicken

- Return the 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).

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



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 cook, breaking up with a spoon, until browned, **4-5 minutes**. Season to taste and transfer to a large bowl.



Serve up

- Meanwhile, slice **lemon** into wedges.
- Add lettuce to the bowl with panini chunks, along with roasted almonds, cherry tomatoes, radish, avocado, **garlic aioli**, a generous squeeze of lemon 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** leaves to serve. Enjoy!

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