



Smokey Chicken & Garlic Crouton Salad

with Caramelised Onion & Avocado

SUMMER SALADS

KIWI FLAVOURS

NEW

Grab your meal kit with this number

14



Garlic



Tomato



Cucumber



Onion



Avocado



Chicken Breast



Kiwi Spice Blend



Ciabatta



Mixed Salad Leaves



Mayonnaise



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

Tender, smokey chicken pairs perfectly with crunchy garlic croutons in this hearty salad, brought to life with sweet caramelised onions. Finished with a creamy mayo drizzle, every bite offers a satisfying balance of smokey, sweet and savoury flavours.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 |
| garlic | 2 cloves | 4 cloves |
| tomato | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| onion | ½ | 1 |
| avocado | 1 (small) | 1 (large) |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| Kiwi spice blend | 1 sachet | 2 sachets |
| ciabatta | 1 | 2 |
| balsamic vinegar* (for the onion) | 1 tbs | 2 tbs |
| water* | ½ tbs | 1 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| mixed salad leaves | 1 medium packet | 1 large packet |
| balsamic vinegar* (for the salad) | drizzle | drizzle |
| mayonnaise | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2721kJ (650Cal) | 508kJ (121Cal) |
| Protein (g) | 47.7g | 8.9g |
| Fat, total (g) | 33.8g | 6.3g |
| - saturated (g) | 5.8g | 1.1g |
| Carbohydrate (g) | 36.6g | 6.8g |
| - sugars (g) | 9.8g | 1.8g |
| Sodium (mg) | 868mg | 162mg |
| Dietary Fibre (g) | 11g | 2.1g |

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 | CW47



1



Get prepped

- Finely chop **garlic**. Cut **tomato** into wedges. Slice **cucumber** into half-moons. Finely chop **onion** (see ingredients). Slice **avocado** in half, scoop out flesh and thinly slice.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **Kiwi spice blend** and a drizzle of **olive oil**. Set aside.

3



Cook the caramelised onion & chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar (for the onion)**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Sprinkle over before serving.

+ **ADD DICED BACON**
Cook with croutons, breaking up with a spoon, until browned, 4-5 minutes.

2



Cook the croutons

- Cut or tear **ciabatta** into bite-sized chunks.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **croutons**, tossing, until golden and slightly crispy, **5-6 minutes**.
- In the **last minute** of cook time, add **garlic** and cook until fragrant. Season to taste with **salt** and **pepper**. Transfer to a bowl.

4



Serve up

- In a large bowl, combine tomato, cucumber, **mixed salad leaves**, caramelised onion, garlic croutons and a drizzle of **balsamic vinegar (for the salad)** and olive oil. Season to taste.
- Slice smokey chicken.
- Divide garlic crouton salad between bowls.
- Top with avocado slices and smokey chicken.
- Drizzle over **mayonnaise** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

