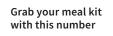


# Smokey Chicken & Garlic Crouton Salad with Caramelised Onion & Avocado

SUMMER SALADS

KIWI FLAVOURS













Cucumber







Kiwi Spice





Mixed Salad



Mayonnaise

Leaves





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

Eat Me Early





### 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

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	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	1/2	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.



# 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.



## 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).



#### 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.



# 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!

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



**CUSTOM** 

**OPTIONS** 

ADD GRATED PARMESAN CHEESE Sprinkle over before serving.



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

