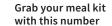


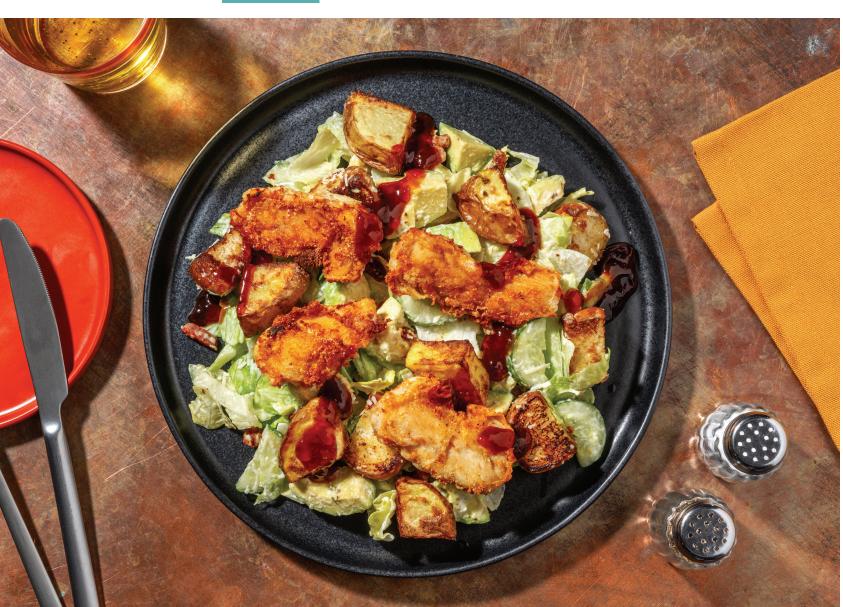
# Golden Chicken & Bacon Caesar-Style Salad

with Garlic Roast Potatoes & Cherry BBQ Sauce

TASTE TOURS















Ciabatta





Cos Lettuce

Cucumber







**Cherry Sauce** 





All-American Spice Blend







**Grated Parmesan** Cheese



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	
ciabatta	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	2 medium packets OR 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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5575kJ (1332Cal)	602kJ (143Cal)
Protein (g)	61.9g	6.7g
Fat, total (g)	64.1g	6.9g
- saturated (g)	13.1g	1.4g
Carbohydrate (g)	117.6g	12.7g
- sugars (g)	28.3g	3.1g
Sodium (mg)	2307mg	249mg
Dietary Fibre (g)	16.4g	1.8g

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.
- 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.



## Bake the croutons & bacon

- While the potatoes are roasting, cut or tear ciabatta into bite-sized chunks.
- Place **ciabatta** 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.



## 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.



#### 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.



## 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.



# 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!

