



# Crumbed Chicken Caesar Salad with Croutons

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**Nutrition Per Serving:** Energy 3648kJ (872Cal) | Protein 51.2g | Fat, total 50.7g - saturated 9.7g | Carbohydrate 50.2g - sugars 6.1g | Sodium 1410mg  
The quantities provided above are averages only.

We're here to help! Scan here  
2022 | WK23 | U





# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Diced Bacon	1 pkt	1 pkt
Crumbed Chicken Breast Strips	1 pkt	1 pkt
Grated Parmesan Cheese	1 pkt (30g)	1 pkt (60g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Chop



Cos Lettuce



Cherry Tomatoes



Ciabatta

## 2. Sizzle



Diced Bacon



Pine Nuts



Crumbed Chicken Strips

## 3. Toss



Grated Parmesan Cheese



Creamy Pesto Dressing



Garlic Dip

- Roughly chop **cos lettuce**. Halve **cherry tomatoes**
- Cut or tear **ciabatta** into bite-sized chunks

- Heat **olive oil** in a frying pan over high heat. Cook **ciabatta**, until browned, **1-2 mins**
- Add **bacon** and **pine nuts** and cook until browned, **4-5 mins**. Transfer to a bowl
- Return frying pan to medium-high heat with enough **olive oil** to coat base of pan. Cook **chicken**, tossing occasionally, until cooked and golden, **3-4 mins** each side

- To the bowl with **ciabatta**, add **lettuce, tomatoes, Parmesan** and **pesto dressing**. Season and toss
- Plate up salad. Top with **chicken** and **garlic dip** to serve

