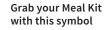


Golden Chicken, Avocado & Crouton Salad

with Garlic Aioli & Parmesan

KID FRIENDLY











Beetroot



Wholemeal Panini



Aussie Spice



Mixed Salad



Grated Parmesan



Cheese





Chicken Breast

Prep in: 25-35 mins Ready in: 35-45 mins



Before you start

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 will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	1
carrot	1	2
beetroot	1	2
wholemeal panini	1	2
grated Parmesan	1 packet	1 packet
cheese	(30g)	(60g)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
avocado	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3449kJ (824Cal)	562kJ (134Cal)
Protein (g)	48.5g	7.9g
Fat, total (g)	48.8g	7.9g
- saturated (g)	11.1g	1.8g
Carbohydrate (g)	44.7g	7.3g
- sugars (g)	17.1g	2.8g
Sodium (mg)	1172mg	191mg

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 veggies

- Preheat oven to 220°C/200°C fan-forced.
- Slice **onion** into wedges. Cut **carrot** into thick half-moons. Cut **beetroot** into small chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
 Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.

Little cooks: Kids can help toss the veggies.



Bake the cheesy croutons

- Meanwhile, cut or tear wholemeal panini into bite-sized chunks.
- Add panini to a second lined oven tray. Drizzle with olive oil, toss to coat, then sprinkle over 1/2 the grated Parmesan cheese. Bake until golden, 5-8 minutes.



Prep the chicken

- While the croutons are baking, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken and turn to coat.



Cook the chicken

 Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side (depending on thickness). Transfer to a plate to rest.

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



Bring it all together

- Meanwhile, slice avocado in half, scoop out flesh and cut into small chunks.
- In a large bowl, combine a drizzle of white wine vinegar and olive oil, then season.
- Add mixed salad leaves, avocado, roasted veggies and cheesy croutons, then gently toss to combine.



Serve up

- Slice golden chicken. Divide avocado and crouton salad between plates.
- Top with chicken, spooning over any resting iuices.
- Sprinkle over remaining Parmesan cheese.
 Drizzle with garlic aioli to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.



