



# Golden Chicken, Avocado & Crouton Salad

with Garlic Aioli & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Carrot



Beetroot



Wholemeal Panini



Aussie Spice Blend



Avocado



Mixed Salad Leaves



Garlic Aioli



Grated Parmesan Cheese



Chicken Breast

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

Eat Me Early

You're not going to believe how simple it is to make this Caesar-style salad yourself, from crunchy croutons to avocado and tender chicken, topped with sharp Parmesan cheese. Once you've got this baby down, soggy supermarket salads will be a distant memory.

### Pantry items

Olive Oil, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1	1
carrot	1	2
beetroot	1	2
wholemeal panini	1	2
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
avocado	1	2
<b>white wine vinegar*</b>	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](https://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 juices.
- 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.

## We're here to help!

Scan here if you have any questions or concerns



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