



# Crumbed Chicken Salad

with Creamy Garlic Dressing

Grab your Meal Kit with this symbol



Crumbed Chicken Tenderloins



Tomato



Cucumber



Carrot



Garlic Aioli



Mixed Salad Leaves

Hands-on: 10-15mins  
Ready in: 10-15mins

Eat me early

Lunch in less than 15 minutes? We've got you covered with crumbed chicken tenders on a bed of crisp veggies, plus a mouthwatering garlic aioli. Perfect to prep and take anywhere, or to be made on the spot for an instant nutritious meal.

### 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

Large frying pan

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
crumbed chicken tenderloins	1 packet
tomato	1
cucumber	1
carrot	1
garlic aioli	1 packet (100g)
white wine vinegar*	1 tsp
mixed salad leaves	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3145kJ (751Cal)	662kJ (158Cal)
Protein (g)	35.2g	7.4g
Fat, total (g)	42.4g	8.9g
- saturated (g)	4g	0.8g
Carbohydrate (g)	54.4g	11.5g
- sugars (g)	9.6g	2g
Sodium (mg)	820mg	173mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the chicken

Heat a large frying pan over a medium-high heat with enough olive oil to coat the base of the pan. When the oil is hot, cook the **crumbed chicken tenderloins**, turning, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Allow to cool.

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



## Get prepped

While the chicken is cooking, roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Grate the **carrot** (unpeeled). Divide the **garlic aioli** between two reusable containers. Add a drizzle of **olive oil** and **white wine vinegar** and stir to combine.



## Pack it up

In a large bowl, combine the **tomato**, **cucumber**, **carrot** and **mixed salad leaves**, then divide between the two containers. When the chicken has cooled, divide into two portions and wrap in foil or place in two reusable containers. Refrigerate.



## Serve up

At lunch, toss the salad with the **creamy garlic dressing** to combine. Season to taste. Remove the wrapping from the chicken and reheat in a sandwich press (this will keep the chicken crispy) or in **1 minute** bursts in the microwave, or until heated to your liking. Thickly slice the chicken and serve on top of the salad.

**TIP:** A sandwich press will help keep the chicken crispy!

## Enjoy!