

Garlicky Chicken & Caesar-Style Salad

with Walnuts & Roast Veggies



Carrot



Potato



Red Onion



Ranch Dressing



Mayonnaise



Grated Parmesan Cheese



Garlic & Herb Seasoning



Chicken Tenderloins



Cucumber



Mixed Salad Leaves



Walnuts

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart
 Eat Me Early

Pop some veggies in the oven, whip up a simple sauce, sear some chicken tenderloins with our garlic and herb seasoning and you'll have a delight of a dinner that's also light on the carbs.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
red onion	1	2
ranch dressing	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic & herb seasoning	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
cucumber	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
walnuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2458kJ (587Cal)	435kJ (104Cal)
Protein (g)	49.1g	8.7g
Fat, total (g)	29.2g	5.2g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	28g	5g
- sugars (g)	14.1g	5g
Sodium (mg)	907mg	161mg
Dietary Fibre (g)	11.8g	2.1g

The quantities provided above are averages only.

Allergens

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

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



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Chop the **carrot** and **potato** into small chunks. Slice the **red onion** into thin wedges.



Roast the veggies

Place the veggies on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



Make the sauce

While the veggies are roasting, combine the **ranch dressing**, **mayonnaise** and **grated Parmesan cheese** (save a pinch for garnish!) in a small bowl. Season to taste.



Cook the chicken

When the veggies have **10 minutes** remaining, combine the **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl. Add the **chicken tenderloins**. Season, then turn to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side.

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



Make the salad

Thinly slice the **cucumber**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **cucumber** and **mixed salad leaves**. Toss to coat.



Serve up

Divide garlicky chicken, roast veggies and salad between bowls. Drizzle the sauce over the chicken and salad. Sprinkle the **walnuts** and remaining Parmesan over the salad to serve.

Enjoy!

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