

# Italian Chicken Salad & Bacon Croutons

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol













**Cherry Tomatoes** 



Bake-At-Home



Ciabatta







Dressing

Italian Herbs



Diced Bacon



Leaves

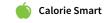


**Grated Parmesan** Cheese

**Pantry items** 

Olive Oil

Eat me early



### 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
cherry tomatoes	1 punnet	2 punnets
bake-at-home ciabatta	1/2	1
chicken breast	1 small packet	1 large packet
Italian herbs	½ sachet	1 sachet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
diced bacon	½ packet (45g)	1 packet (90g)
mixed salad leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2462kJ (588Cal)	626kJ (149Cal)
Protein (g)	43.9g	11.2g
Fat, total (g)	37.6g	9.6g
- saturated (g)	8.9g	2.3g
Carbohydrate (g)	16.8g	4.3g
- sugars (g)	3.2g	0.8g
Sodium (mg)	715mg	182mg

### **Allergens**

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

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



## Get prepped

Finely chop the garlic. Halve the cherry tomatoes. Tear the bake-at-home ciabatta (see ingredients) into 1cm chunks. Cut the chicken breast into 2cm chunks. In a large bowl, combine the garlic and Italian herbs (see ingredients). Season with salt and pepper and drizzle with olive oil. Add the chicken and toss to coat.



## Make the pesto dressing

In a small bowl, combine the **creamy pesto dressing**, a splash of **water** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well.



#### Make the bacon croutons

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **diced bacon** (see ingredients) and cook, stirring occasionally, until starting to turn golden, **2-3 minutes**. Add the **ciabatta** and cook, stirring occasionally, until golden and crisp, **4-5 minutes**. Season to taste and transfer to a medium bowl.



# Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, tossing, until cooked through, **5-6 minutes**.

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



## Bring it all together

In a large bowl, add the mixed salad leaves, cherry tomatoes, grated Parmesan cheese, bacon croutons and Italian herbed chicken. Toss to combine and drizzle with the pesto dressing.



### Serve up

Divide the Italian chicken salad between bowls.

Enjoy!