



Italian Chicken Salad & Bacon Croutons

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Cherry Tomatoes



Bake-At-Home Ciabatta



Chicken Breast



Italian Herbs



Creamy Pesto Dressing



Diced Bacon



Mixed Salad Leaves



Grated Parmesan Cheese

Hands-on: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Eat me early

How to improve golden, fragrant croutons? Just add bacon, of course! Sprinkle them over a hearty salad of succulent chicken, crisp greens and a creamy pesto dressing to make a fresh-tasting feast that'll be loved by all.

Pantry items

Olive Oil

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 | ½ | 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 |

*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.



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.*



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.



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**.



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.



Serve up

Divide the Italian chicken salad between bowls.

Enjoy!