



Italian Chicken Salad & Bacon Croutons

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Cherry/ Snacking Tomatoes



Bake-At-Home Ciabatta



Chicken Breast



Italian Herbs



Creamy Pesto Dressing



Diced Bacon



Mixed Salad Leaves



Grated Parmesan Cheese

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

How to upgrade crunchy croutons? Just add bacon, of course! Sprinkle them over a hearty salad of succulent chicken, crisp greens and a creamy basil and walnut pesto dressing for 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/snacking 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 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2347kJ (561Cal)	612kJ (146Cal)
Protein (g)	45g	11.7g
Fat, total (g)	33.8g	8.8g
- saturated (g)	7.8g	2g
Carbohydrate (g)	16.7g	4.4g
- sugars (g)	3.1g	4.4g
Sodium (mg)	702mg	183mg
Dietary Fibre (g)	4g	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 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/snacking tomatoes**. Tear the **bake-at-home ciabatta** (see ingredients) into bite-sized chunks. Cut the **chicken breast** into 2cm chunks. In a large bowl, combine the **garlic**, **Italian herbs** (see ingredients) and a drizzle of **olive oil**. Add the **chicken**. Season with **salt** and **pepper**, then 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 occasionally, until browned and 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 to taste. Set aside.



Bring it all together

In a large bowl, combine the **mixed salad leaves**, **cherry tomatoes**, **grated Parmesan cheese**, **bacon croutons** and **chicken**. Drizzle with the **pesto dressing**.



Make the bacon croutons

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



Serve up

Toss the Italian chicken salad. Divide between bowls to serve.

Enjoy!

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