



Italian Chicken Salad & Bacon Croutons

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Cherry/Snacking Tomatoes



Bake-At-Home Ciabatta



Italian Herbs



Mixed Salad Leaves



Chicken Breast



Creamy Pesto Dressing



Diced Bacon



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

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/snacking tomatoes	1 punnet	2 punnets
bake-at-home ciabatta	½	1
chicken breast	1 small packet	1 large packet
Italian herbs	½ medium sachet	1 medium 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)	2329kJ (557Cal)	609kJ (146Cal)
Protein (g)	46.5g	12.2g
Fat, total (g)	33.2g	8.7g
- saturated (g)	7.6g	2g
Carbohydrate (g)	17.1g	4.5g
- sugars (g)	1.3g	0.3g
Sodium (mg)	761mg	199mg
Dietary Fibre (g)	3.7g	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 **garlic**. Halve **cherry tomatoes**.
- Tear **bake-at-home ciabatta** (see ingredients) into bite-sized chunks.
- Cut **chicken breast** into 2cm chunks.
- In a large bowl, combine **garlic**, **Italian herbs** (see ingredients) and a drizzle of **olive oil**. Add **chicken**. Season with **salt** and **pepper**, then toss to coat.



Cook the chicken

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

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



Make the pesto dressing

- In a small bowl, combine **creamy pesto dressing**, a splash of **water** and a drizzle of **olive oil**.
- Season to taste. Set aside.



Bring it all together

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



Make the bacon croutons

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** (see ingredients), breaking up with a spoon, until starting to turn golden, **2-3 minutes**.
- Add **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!

We're here to help!

Scan here if you have any questions or concerns

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