



Chicken & Bocconcini Salad with Semi-Dried Tomatoes

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2506kJ (598Cal) | Protein 50.6g | Fat, total 38g - saturated 7.1g | Carbohydrate 11.8g - sugars 5.7g | Sodium 878mg | Dietary Fibre 10g
Carb smart | The quantities provided above are averages only.

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2023 | WK04 | W



Get ready

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'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

| | 2P | 4P |
|-----------------------|--------------|--------------|
| Chicken Tenderloins | 1 small pkt | 1 large pkt |
| Pearl Bocconcini | 1 medium pkt | 1 large pkt |
| Semi-Dried Tomatoes | ½ medium pkt | 1 medium pkt |
| Creamy Pesto Dressing | 1 pkt (50g) | 1 pkt (100g) |
| Green Dressing | 1 medium pkt | 1 large pkt |

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.

1. Sizzle



Chicken Breast



Nan's Special Seasoning

2. Chop



Cucumber



Cherry/Snacking Tomatoes



Pearl Bocconcini

3. Toss



Mixed Salad Leaves



Semi-Dried Tomatoes



Slivered Almonds



Creamy Pesto Dressing



Green Dressing

- Cut **chicken breast** into 2cm strips. Heat **olive oil** in frying pan over medium-high heat
- Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 mins** each side
- In the **last min**, sprinkle over **seasoning**. Turn to coat

- Thinly slice **cucumber**
- Halve **cherry tomatoes** and **pearl bocconcini**

- In a bowl, combine **cucumber**, **tomatoes**, **bocconcini**, **salad leaves** and **semi-dried tomatoes** (1/2 pkt for 2P / 1 pkt for 4P). Add **almonds** and **pesto dressing**
- Season **salad**, then toss
- Plate up **salad** and **chicken**
- Serve drizzled with **green dressing**



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