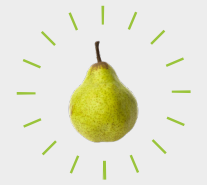




MUSTARD CHICKEN & CARMELISED PEAR SALAD

with Ciabatta Croutons



Caramelize pear
for a salad



Pear



Tomato



Bake-At-Home
Ciabatta



Chicken Breast



Sweet Mustard
Spice Blend



Mixed Salad
Leaves



Shaved Parmesan
Cheese

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

Eat me early

Low calorie

A delicious caramelised pear salad is hearty enough for dinner but light enough for the summer weather. Add sweet mustard chicken and you've got yourself the ultimate weeknight meal. You can thank us later!

Pantry Staples: Olive Oil, Balsamic Vinegar, Plain Flour, Butter, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **pear** into 1cm wedges. Cut the **tomato** into 1cm chunks. In a large bowl, combine the **balsamic vinegar** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Set aside.



2 BAKE THE CROUTONS

Tear or cut the **bake-at-home ciabatta** into 1cm cubes. Transfer to the oven tray lined with baking paper and **drizzle** with **olive oil**. Season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top rack for **5-7 minutes**, or until golden. Set aside.



3 FLAVOUR THE CHICKEN

While the croutons are baking, place the **chicken breast** between two sheets of baking paper and pound with a meat mallet (or rolling pin) until 1cm thick. In a large bowl, combine the **salt, plain flour, sweet mustard spice blend** and a **pinch** of **pepper**. Add the chicken to the bowl and toss to coat in the mixture. Set aside.



4 CARAMELISE THE PEAR

In a large frying pan, melt the **butter** over a high heat. Once melted, add the **pear** in a single layer and cook, turning occasionally, for **6-8 minutes**, or until softened. Reduce the heat to medium, add the **honey** and cook, stirring, for **2 minutes**, or until golden. Transfer the pear and the pan juices to the bowl with the dressing and set aside to cool slightly.



5 COOK THE CHICKEN

Wash out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken breast** and cook for **3-4 minutes** on each side, or until golden and cooked through. **TIP:** *The chicken is cooked when it is no longer pink in the middle.* Transfer the **chicken** to a plate to rest. Add the **mixed salad leaves** and **croutons** and to the bowl with the dressing and gently toss to combine.



6 SERVE UP

Slice the sweet mustard chicken. Divide the caramelised pear salad between bowls and top with the chicken. Sprinkle with the **shaved Parmesan cheese**. **TIP:** *For the low-calorie option, serve without the shaved Parmesan cheese.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pear	1	2
tomato	2	4
balsamic vinegar*	1 tbs	2 tbs
bake-at-home ciabatta	1	2
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
plain flour*	1 tsp	2 tsp
sweet mustard spice blend	1 sachet	2 sachets
butter*	20 g	40 g
honey*	2 tsp	1 tbs
mixed salad leaves	1 bag (60 g)	1 bag (120g)
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (546Cal)	513kJ (123Cal)
Protein (g)	43.7g	9.8g
Fat, total (g)	19.6g	4.4g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	45.7g	10.3g
- sugars (g)	17.7g	4.0g
Sodium (g)	924mg	208mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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