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All Hail Healthy Caesar Salad with Crispy Serrano Ham

All hail the king of salads! The noble Caesar has been gracing menus around the world since its invention in the 20s. The richness of the traditional version has seen it somewhat maligned in recent years, so we've given it a healthy makeover. We think you'll like our version even more!



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



eat me
early

Pantry Items



Olive Oil



Bake-At-Home
Ciabatta



Garlic



Parmesan
Cheese



Serrano Ham



Free Range
Chicken Breast



Greek Yoghurt



Lemon



Mixed Salad
Leaves



Pepitas

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QTY	Ingredients
1	bake-at-home ciabatta, sliced in half
1-2 cloves	garlic, peeled & crushed
1 block	Parmesan cheese, flaked
1 packet	Serrano ham
2 tbs	olive oil *
2 fillets	free range chicken breast, sliced into 1 cm strips
1 tub	Greek yoghurt
1	lemon, sliced into wedges
1 bag	mixed salad leaves, washed
1 packet	pepitas

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1930	Kj
Protein	35.8	g
Fat, total	26.7	g
-saturated	11.6	g
Carbohydrate	20.4	g
-sugars	2.4	g
Sodium	426	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, colander, two oven trays lined with baking paper, medium frying pan, small bowl or jug, large mixing bowl and tongs.*

1 Preheat the oven to **180°C/160°C** fan-forced.

2 Place the halved **bake-at-home ciabatta** on one of the prepared oven trays. Sprinkle with the crushed **garlic** (or use a fine grater) and top with half the flaked **Parmesan cheese**. Lay the **Serrano ham** on the second prepared oven tray. Place both trays in the oven for **6 minutes**, or until the serrano and the cheesy bread are golden. Remove and set aside. The serrano should harden slightly once cooled. Break into pieces. Slice the ciabatta into 1 cm cubes and set both aside.



3 Meanwhile, heat half of **olive oil** in a medium frying pan over a medium high heat. Cook the **chicken breast** strips for **3-4 minutes**, or until golden and cooked through. Set aside to rest for **2 minutes**.



4 In a small bowl or jug combine the remaining olive oil, **Greek yoghurt** and juice from half the **lemon** wedges. Season with **salt** and **pepper**.



5 Place the **mixed salad** in a large mixing bowl. Pour the dressing over it and toss to coat. Add the chicken pieces, crispy serrano, remaining Parmesan flakes and **pepitas** (leave these out if your kids aren't fans).

6 To serve, divide the salad and Parmesan Croutons between plates with the remaining lemon wedges. Enjoy!

Did you know? This salad is named after the Italian chef Caesar Cardini, who is believed to have created the recipe in 1924.