



Aussie Chicken & Cheesy Crouton Salad

with Ranch Dressing & Caramelised Onion

Grab your Meal Kit with this symbol



Carrot



Tomato



Brown Onion



Garlic



Bake-At-Home Ciabatta



Aussie Spice Blend



Mixed Salad Leaves



Grated Parmesan Cheese

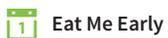


Chicken Breast



Ranch Dressing

Prep in: 25-35 mins
Ready in: 35-45 mins



Eat Me Early



Calorie Smart

You won't believe how simple it is to make this delicious salad. From the crunchy croutons to sweet caramelised onions and tender chicken, once you've got this baby down, soggy supermarket salads will be a distant memory.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
ranch dressing	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2323kJ (555Cal)	438kJ (105Cal)
Protein (g)	47.2g	8.9g
Fat, total (g)	18.9g	3.6g
- saturated (g)	5.4g	1g
Carbohydrate (g)	46.5g	8.8g
- sugars (g)	17.1g	3.2g
Sodium (mg)	1135mg	214mg

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons. Cut **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



Cook the chicken

- While the croutons are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, turning to coat.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



Toss the salad

- While the chicken is cooking, combine **ranch dressing** and a drizzle of **olive oil** in a second large bowl.
- Add **mixed salad leaves**, roast **veggies** and **cheesy croutons**. Gently toss to combine. Season to taste.



Bake the cheesy croutons

- While the onion is cooking, finely chop **garlic**. Cut or tear the **bake-at-home ciabatta** into bite-sized chunks.
- Place torn **ciabatta**, **garlic** and a generous drizzle of **olive oil** on a second lined oven tray. Sprinkle over 1/2 the **grated Parmesan cheese**.
- Toss to coat, then bake until golden, **5-8 minutes**.



Serve up

- Slice Aussie chicken.
- Divide cheesy crouton salad between plates.
- Top with chicken, spooning over any juices from the pan.
- Spoon caramelized onion over chicken. Sprinkle with remaining Parmesan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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