



# Chicken Caesar Salad

with Charred Baby Gem

**CLASSIC** 35 Minutes • 2 of your 5 a day



Baby Plum Tomatoes



Lemon



Baby Gem Lettuce



Garlic Clove



Ciabatta



Chicken Thigh



Mayonnaise



Dijon Mustard



Grated Italian Style Hard Cheese

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Baby Gem Lettuce**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Ciabatta <b>11</b> <b>13</b> )	1	2	2
Chicken Thigh**	3	5	6
Mayonnaise <b>8</b> <b>9</b> )	2 sachets	3 sachets	4 sachets
Dijon Mustard <b>9</b> )	½ pot	¾ pot	1 pot
Grated Italian Style Hard Cheese <b>7</b> <b>8</b> **	1 pack	1½ packs	2 packs
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	453g	100g
Energy (kJ/kcal)	2782 /665	614 /147
Fat (g)	45	10
Sat. Fat (g)	10	2
Carbohydrate (g)	26	6
Sugars (g)	8	2
Protein (g)	39	9
Salt (g)	1.18	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Get Started!

Preheat the oven to 180°C. Halve the **tomatoes**. Halve the **lemon**. Quarter the **baby gem** lengthways but keep the root intact.



## 4. Make the Dressing

Remove the **roasted garlic** from the foil and mash with the back of a fork until smooth. In a small bowl, mix together the **mayonnaise**, **Dijon mustard** (see ingredients for amount), the **roasted garlic**, and **three quarters of the hard Italian style cheese**. Squeeze in the **lemon juice** and add the **olive oil** for the dressing (see ingredients for amount). Add the **water** for the dressing (see ingredients for amount) and season to taste with **salt and pepper**, mix together.



## 2. Crouton Time

Peel the **garlic** and pop into foil with a drizzle of **oil** and scrunch to enclose it. Tear the **ciabatta** into roughly 2cm chunks and pop on a baking tray. Drizzle with **oil** and season with **salt and pepper**. Bake the **ciabatta** and the **garlic** on the middle shelf of your oven until golden, 8-10 mins. Once the **croutons** are golden, remove from your oven and set aside. Keep the **roasted garlic** in the oven until soft, 3-5 more mins.



## 5. Char the Lettuce

Heat the frying pan over a high heat (no oil). **TIP:** you want the pan to be really hot or the lettuce will steam rather than char. Once hot, add the **lettuce** cut side down and cook until dark brown all over, 30 seconds - 1 minute per cut side. **TIP:** Pressing the lettuce down with the back of a spatula will help. You may need to do this in batches. **TIP:** If you prefer not to char the lettuce and would rather eat it raw, you can trim the root from the baby gem lettuce then separate the leaves.



## 3. Brown the Chicken

Meanwhile, heat a large frying pan with a drizzle of **oil** over medium high heat. Once hot, add the **chicken**, season with **salt and pepper** and cook until browned, 5-6 mins each side. Once browned, pop onto the tray you used for the **croutons** and roast until cooked through, 5-7 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Pour out any oil from the frying pan and wipe it with kitchen paper but don't wash up the pan!



## 6. Serve!

Once charred, transfer the **lettuce** to a large bowl and add the **tomatoes** with **half the dressing**. Mix well to coat. Once the **chicken** is cooked, leave to rest for a few minutes before thinly slicing. Divide the **lettuce** and **tomatoes** between your plates then top with the **sliced chicken**, **croutons**, remaining **cheese** and drizzle over the remaining **dressing**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.