



Cobb Salad with Chicken Thigh and Bacon

with Roasted Garlic Yoghurt Dressing

N° 14

RAPID 20 Minutes • 2.5 of your 5 a day



Ciabatta



Garlic Clove



Chicken Thigh



Bacon Lardons



Baby Gem Lettuce



Baby Plum Tomatoes



Natural Yoghurt



Avocado

Before you start

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

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Ciabatta 11 13)	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Chicken Thigh**	210g	350g	420g
Bacon Lardons**	60g	90g	120g
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Natural Yoghurt 7)**	150g	150g	300g
Avocado**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2456 /587	556 /133
Fat (g)	35	8
Sat. Fat (g)	9	2
Carbohydrate (g)	30	7
Sugars (g)	10	2
Protein (g)	37	8
Salt (g)	1.24	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **11**) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1. Make the Croutons

a) Preheat the oven to 200°C.

b) 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** middle shelf of your oven until golden, 8-10 mins.

c) Meanwhile, peel the **garlic clove(s)** and pop into a square piece of foil with a drizzle of **oil**. Scrunch to enclose. Pop it onto the baking tray with the **ciabatta** and roast on the same baking tray in your oven until soft, 8-10 mins.

d) Once the **croutons** are golden, remove from your oven and set aside.



4. Make the Dressing

a) Once the **garlic** is ready, carefully transfer to a board, remove from the foil and mash with the back of a fork into a smooth **paste**.

b) Add to a small bowl, with the **yoghurt**, and season with **salt** and **pepper**.



2. Cook the Meat

a) Heat a drizzle of **oil** in a frying pan on high heat, once hot, add the diced **chicken thigh** and **bacon**.

b) Fry until golden and crisp, 8-10 mins.

IMPORTANT: The chicken is cooked when it is no longer pink in the middle. Cook the **bacon lardons** throughout.



5. Prep the Avocado

a) Slice lengthways into the **avocado**.

b) Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart.

c) Remove the stone then scoop out the flesh onto a board. Chop into 2cm chunks.



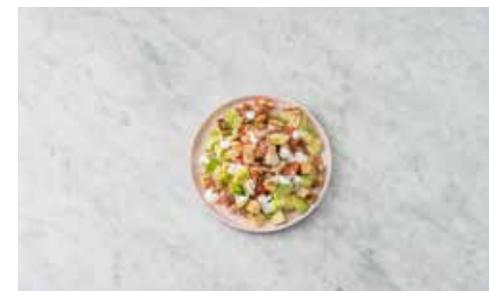
3. Prep the Salad

a) Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.

b) Halve the **baby plum tomatoes**.

c) Put the **tomatoes** in a bowl, drizzle with **olive oil** and season with **salt** and **pepper**. Mix so that everything is evenly coated.

d) Set the **lettuce** aside to add later (or it will go soggy).



6. Put it all Together

a) Divide the **lettuce** and **tomatoes** between bowls and top with the **chicken** and **bacon**.

b) Add the **avocado chunks**, **croutons** and drizzle with the **yoghurt 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.