



# Seared Golden Chicken & Garlic Crouton Salad

with Caramelised Onion & Aioli Dressing

Grab your Meal Kit with this symbol



Carrot



Parsnip



Red Onion



Garlic



Ciabatta



Grated Parmesan Cheese



Chicken Breast



Aussie Spice Blend



Garlic Aioli



Mixed Salad Leaves

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**

Eat Me Early

You're not going to believe how simple it is to make this Caesar-style salad yourself, from crunchy croutons to creamy aioli and tender chicken, topped with sharp Parmesan cheese. Once you've got this baby down, soggy supermarket salads will be a distant memory.

## Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

## 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
parsnip	1	2
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
ciabatta	1	2
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)
water* (for the dressing)	½ tbs	1 tbs
white wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2759kJ (659Cal)	548kJ (131Cal)
Protein (g)	43g	8.5g
Fat, total (g)	33.1g	6.6g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	48.9g	9.7g
- sugars (g)	14.2g	2.8g
Sodium (mg)	1251mg	249mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** into half-moons. Cut the **parsnip** into small chunks. Place the **carrot** and **parsnip** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then 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 use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and turn to coat. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

**TIP:** The chicken is cooked through when it's no longer pink inside.

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



## Caramelize the onion

While the veggies are roasting, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **water (for the onion)** and the **brown sugar**. Mix well and cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



## Bring it all together

In a small bowl, combine the **garlic aioli** and **water (for the dressing)**. Set aside. In a large bowl, combine the **white wine vinegar** and a drizzle of **olive oil**, then season. Add the **mixed salad leaves**, **roasted veggies** and **garlic croutons**. Gently toss to combine.



## Bake the croutons

While the onion is cooking, finely chop the **garlic**. Cut or tear the **ciabatta** into bite-sized chunks. Add the **ciabatta** and **garlic** to a second lined oven tray. Drizzle with **olive oil**, toss to coat, then sprinkle over 1/2 the **grated Parmesan cheese**. Bake until golden, **5-8 minutes**.



## Serve up

Slice the seared chicken. Divide the garlic crouton salad between bowls. Top with the caramelised onion and chicken, then pour over any resting juices. Sprinkle over the remaining Parmesan cheese. Drizzle with the aioli dressing to serve.

Enjoy!