



Chicken, Avocado and Herby Crouton Salad with French Dressing

Lunch Air Fryer Friendly 10-15 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Ciabatta



Lemon & Herb Seasoning



Baby Leaf Mix



Avocado



Cooked Chicken Slices



French Dressing

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	1
Lemon & Herb Seasoning	1 sachet
Baby Leaf Mix**	50g
Avocado	1
Cooked Chicken Slices**	1 pack
French Dressing 9)	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	256g	100g
Energy (kJ/kcal)	1856 /444	726 /174
Fat (g)	27.5	10.8
Sat. Fat (g)	4.3	1.7
Carbohydrate (g)	25.1	9.8
Sugars (g)	3.6	1.4
Protein (g)	24.6	9.6
Salt (g)	1.83	0.72

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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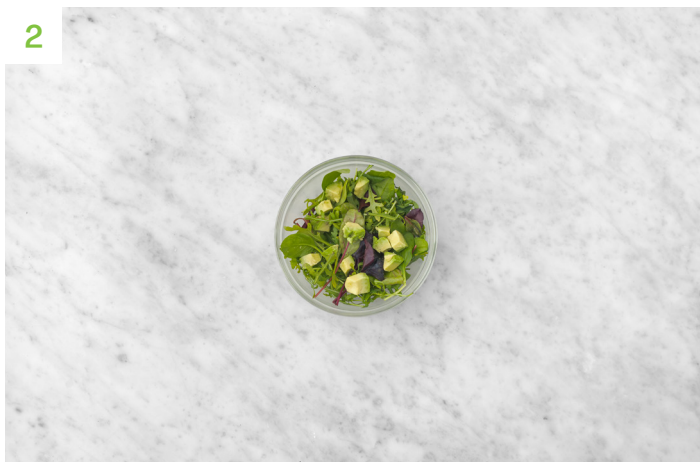
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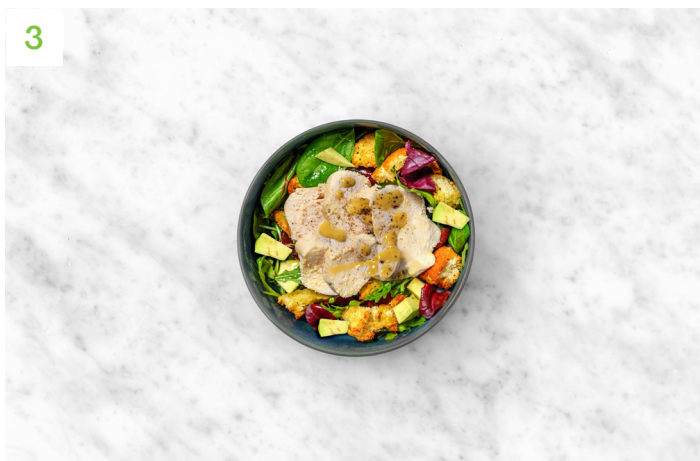
1



2



3



Bake the Croutons

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Tear the **ciabatta** into roughly 2cm chunks.

b) Pop the **ciabatta** onto a baking tray in a single layer and sprinkle over the **lemon & herb seasoning**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat well.

c) Bake the **herby croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

Bring on the Salad

a) Meanwhile, add the **baby leaf mix** to a mixing bowl.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh onto a board. Cut into 2cm chunks.

c) Add the **avocado chunks** to your bowl of **baby leaf mix** and season with **salt** and **pepper**.

Lunch Is Served

a) Add the **baked croutons** to the **salad** and lay your **cooked chicken slices** on top.

b) When you're ready to serve, drizzle over the **French dressing**, toss to coat and share between 2 serving bowls.

Enjoy!

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

a) Preheat your air fryer to 200°C. Prepare your **croutons** as above.

b) Once hot, add the **croutons** to the basket. Bake until golden, 3-5 mins.