



Ultimate Herby Chicken and Honey Bacon Salad

with Chips, Baby Plum Tomatoes and Avocado

36

Ultimate 40-45 Minutes • 1 of your 5 a day



Potatoes



Baby Plum Tomatoes



Cider Vinegar



Baby Gem Lettuce



Avocado



British Chicken Breasts



Roasted Spice and Herb Blend



British Streaky Bacon



Honey



Mayonnaise



Wholegrain Mustard

Pantry Items

Oil, Salt, Pepper, Olive Oil, Plain Flour

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, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Cider Vinegar 14)	15ml	22ml	30ml
Baby Gem Lettuce**	1	2	2
Avocado	1	2	2
British Chicken Breasts**	2	3	4
Roasted Spice and Herb Blend	1 sachet	2 sachets	2 sachets
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Honey	30g	45g	60g
Mayonnaise 8) 9)	64g	96g	128g
Wholegrain Mustard 9)	17g	25g	34g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp

*Not included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	671g	100g
Energy (kJ/kcal)	3395 /811	506 /121
Fat (g)	39.2	5.8
Sat. Fat (g)	8.3	1.2
Carbohydrate (g)	67.2	10.0
Sugars (g)	18.4	2.7
Protein (g)	52.4	7.8
Salt (g)	2.27	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **9**) Mustard **14**) Sulphites

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, mollusc, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Fry and Bake

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** and cook for 3-4 mins on each side.

Transfer to a baking tray and bake on the middle shelf of your oven until golden and cooked through, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer to your board and allow to rest for a few mins.



2 Prep the Veg

Meanwhile, halve the **baby plum tomatoes**.

In a large bowl, combine the **cider vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. Add the **tomatoes**, toss to coat, then set aside.

Trim the **baby gem**, separate the **leaves**, then tear into bite-sized pieces.

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



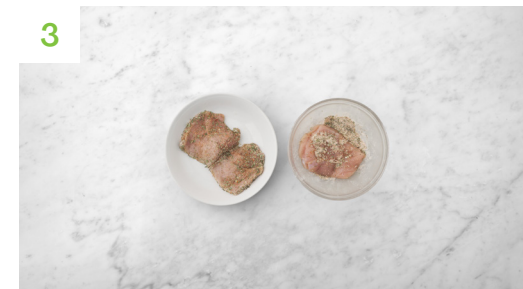
5 Honey Bacon Time

Meanwhile, chop the **bacon rashers** widthways into 1cm wide strips (use scissors if easier). **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Wipe out the (now empty) **chicken** pan and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **bacon** and fry until crispy, 3-4 mins. **IMPORTANT:** Cook bacon thoroughly.

Add **half** the **honey** to the pan and stir to coat the **bacon**, 1 min, then remove from the heat. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

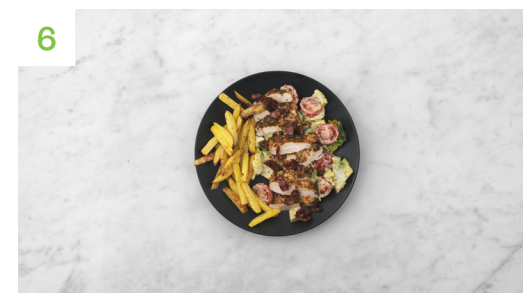


3 Butterfly the Chicken

Lay a **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there is 2cm left (be careful not to slice all the way through). Open it up like a book.

Repeat with the other **breast(s)** - you've butterflied your **chicken!**

In a medium bowl, combine the **roasted spice and herb blend**, **¼ tsp salt** and the **flour** (see pantry for amount). Season with **pepper**. Add the **chicken** and toss to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



6 Serve Up

When everything's ready, add the **mayo**, **wholegrain mustard** and remaining **honey** to the bowl of **tomatoes**. Mix well, then add the **baby gem** and **avocado**. Toss to coat in the **dressing**. Season with **salt** and **pepper**.

Cut the **chicken** widthways into 1cm thick slices.

Share the **salad** between your bowls. Top with the **sliced chicken** and **honeyed bacon**.

Serve with the **chips** on the side.

Enjoy!