



Cheat's Chicken Caesar Style Salad

with Serrano Crisps, Garlic Croutons and Avocado

Lunch 20-25 Minutes • 1 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Garlic Clove



Ciabatta



Serrano Ham



Baby Gem Lettuce



Avocado



Cooked British Chicken Slices



Ranch Dressing



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Garlic press, baking tray and bowl.

Ingredients

Ingredients	Quantity
Garlic Clove**	1
Ciabatta 13)	1
Serrano Ham**	2 slices
Baby Gem Lettuce**	2
Avocado	1
Cooked British Chicken Slices**	1 pack
Ranch Dressing 7) 8) 9)	60g
Parmigiano Reggiano** 7)	40g

Pantry	Quantity
Olive Oil for the Dressing*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	366g /661	100g /181
Fat (g)	46.8	12.8
Sat. Fat (g)	10.9	3.0
Carbohydrate (g)	24.1	6.6
Sugars (g)	2.4	0.60
Protein (g)	37.2	10.2
Salt (g)	2.86	0.78

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

Allergens

7) Milk **8)** Egg **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, 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

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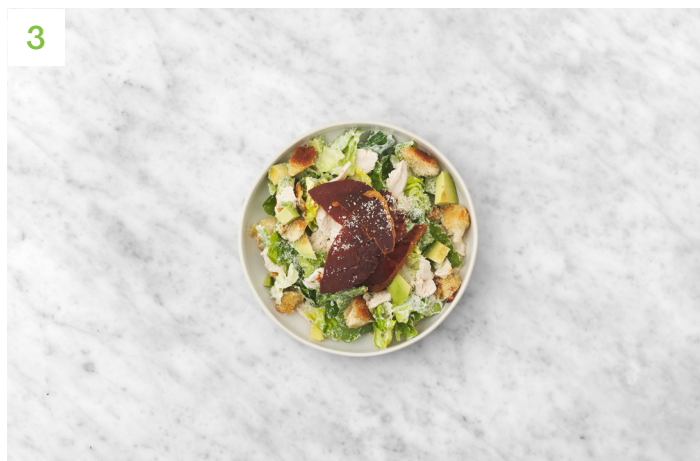
1



2



3



Bring on the Garlic Croutons

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

b) Peel and grate the **garlic** (or use a garlic press). Tear the **ciabatta** into roughly 2cm chunks.

c) Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil** and season with **salt** and **pepper**. Scatter over the **garlic**, then toss to coat well.

d) When the oven is hot, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

Get Prepped

a) Meanwhile, pop the **Serrano ham** onto a separate baking tray and cook on the top shelf of your oven until crisp and golden, 5-7 mins. Remove from the oven and set aside to cool.

b) While everything is in the oven, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

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

d) Tear each **cooked chicken slice** in half lengthways. Once the **Serrano** has cooled, break into bite-sized pieces.

Finish and Serve

a) In a large bowl, combine the **ranch dressing**, **olive oil for the dressing** (see pantry for amount) and **three quarters** of the **Parmigiano Reggiano**. Season with **salt** and **pepper** to taste.

b) Add the **baby gem lettuce**, **chicken**, **avocado** and **croutons** to the **ranch dressing**, then toss to coat.

c) Divide the **dressed salad** between 2 serving bowls and top with the **Serrano ham crisps**.

d) Sprinkle over the remaining **Parmigiano Reggiano** to finish.

Enjoy!