

Chicken Thigh and Bacon Cobb Salad

with Roasted Garlic Yoghurt Dressing

Eat Me Early · 20 Minutes · 1 of your 5 a day







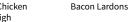


Garlic Clove





Diced Chicken





Baby Gem Lettuce



Low Fat Natural



Yoghurt





Baby Plum Tomatoes



Avocado

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



Before you start

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

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

	2P	3P	4P
Ciabatta 13)	1	2	2
Garlic Clove**	1	2	2
Diced Chicken Thigh**	210g	350g	420g
Bacon Lardons**	60g	90g	120g
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Low Fat Natural Yoghurt** 7)	75g	112g	150g
Avocado	1	2	2
Diced Chicken Breast**	280g	420g	560g
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2246 /537	558/133
Fat (g)	33	8
Sat. Fat (g)	8	2
Carbohydrate (g)	27	7
Sugars (g)	6	2
Protein (g)	34	9
Salt (g)	1.34	0.33
Custom Recipe	Per serving	Per 100g
107	Per serving 438g	
Custom Recipe		Per 100g
Custom Recipe for uncooked ingredient	438g	Per 100g 100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	438g 2175 /520	Per 100g 100g 558/133
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	438g 2175 /520 25	Per 100g 100g 558/133 8
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	438g 2175/520 25 6	Per 100g 100g 558/133 8 2
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	438g 2175 /520 25 6 27	Per 100g 100g 558/133 8 2 7

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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, 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.

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Make the Croutons

- **a)** Preheat the oven to 200°C. Tear the **ciabatta** into roughly 2cm chunks. Pop onto a baking tray in a single layer.
- **b)** Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- **c)** Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.
- **d)** Add the **garlic** parcel to the **ciabatta** tray and roast on the middle shelf of your oven for 8-10 mins. Once cooked, remove from your oven and set aside.



Get Frying

- **a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- **b)** Once the **oil** is hot, add the **diced chicken thigh** and **bacon**.
- c) Fry until both are golden brown all over and the **chicken** is cooked through, 8-10 mins. IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging. The chicken is cooked when no longer pink in the middle. Cook lardons thoroughly.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Salad Time

- **a)** While the **chicken** and **bacon** cook, trim the **baby gem**, halve lengthways, then thinly slice widthways.
- b) Halve the baby plum tomatoes.
- c) Pop the tomatoes into a medium bowl, then drizzle with oil and season with salt and pepper. Mix together and set aside - you'll add the lettuce later.



Mix the Yoghurt Dressing

- a) Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- b) In a small bowl, mix together the yoghurt and roasted garlic. Season to taste with salt and pepper, then set the yoghurt dressing aside.



Prep the Avocado

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



Assemble and Serve

- a) To build your **cobb salad**, add the **lettuce** to the **tomato** bowl and toss to coat. Share between your plates.
- **b)** Top the **salads** with the **chicken** and **bacon**, then the **avocado** and **croutons**.
- c) Drizzle over the yoghurt dressing to finish.

Enjoy!