



# Chicken Thigh and Bacon Cobb Salad with Roasted Garlic Yoghurt Dressing

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

16



Ciabatta



Garlic Clove



Diced Chicken Thigh



Bacon Lardons



Baby Gem Lettuce



Baby Plum Tomatoes



Low Fat Natural Yoghurt



Avocado



Diced Chicken Breast

### 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 <b>13</b>	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** <b>7</b>	75g	112g	150g
Avocado	1	2	2
Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>403g</b>	<b>100g</b>
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
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>438g</b>	<b>100g</b>
Energy (kJ/kcal)	2175/520	558/133
Fat (g)	25	8
Sat. Fat (g)	6	2
Carbohydrate (g)	27	7
Sugars (g)	6	1
Protein (g)	47	8
Salt (g)	1.48	0.34

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.

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

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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.



## 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.



## 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.



## 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.



## 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.



## 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!