



Cooking Made Easy

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Summertime Salad with Shredded Chicken & Croutons

Less is usually more, but when it comes to a chopped salad we think more is definitely more. More ingredients, more flavours and more textures. That's why we've given you a little bit of a lot of things. Instead of going heavy on chicken, or overloading you with croutons we've given you just the right amount of everything, so that every mouthful takes your taste buds on a trip. To make things extra tangy you can always very finely chop some garlic into your dressing too.



30 min



Chicken Breast



Wholemeal Bun



Garlic Clove



Mayonnaise



Lemon



Organic Black Beans





Baby Spinach



Feta Cheese

Ingredients	2P	4P
Chicken Breast	1	2
Wholemeal Bap, chopped 1	1	2
Garlic Clove	1	2
Mayonnaise 2, 3	1½ tbsp	3 tbsp
Lemon	½	1
Organic Black Beans	1 tin	2 tins
Baby Spinach, chopped	3 handfuls	5 handfuls
Feta Cheese 4	3 tbsp	5 tbsp

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens
1) Gluten | **2)** Egg
3) Mustard | **4)** Milk

Nutrition per serving: Calories: 783 kcal | Protein: 45 g | Carbs: 63 g | Fat: 25 g | Saturated Fat: 9 g



1 Bring a medium sized pot of water to a gentle simmer on medium-low heat. Add ¼ a tsp of salt together with the chicken breast and leave for 20 mins. **Tip:** *The water is simmering when the surface is gently rippling and there are a few very small bubbles rising - don't let the water get hotter as you will overcook the chicken.*

Tip: *If you can hold off for up to 15 mins to let it cool down, then all the better.*



2 Chop the bread rolls into 2cm cubes. Peel and lightly crush the garlic (it should be broken but still whole).

6 Using two forks pull the chicken apart into fine strands (in other words 'shred' it). **Tip:** *This takes a little effort but it really makes a big difference to the end result as you'll get a bit of chicken in every forkful.*



3 Heat 1 tbsp of olive oil in a frying pan on medium heat. Once hot, add the whole garlic clove together with the bread cubes. Cook the bread cubes until they are really crispy all over, then season with a pinch of salt and pepper and keep to the side.

7 Drain and thoroughly rinse the black beans in a colander under running water. Roughly chop the spinach leaves and add them to the chicken and beans in a bowl. Pour over the dressing, crumble in the feta and throw in the croutons. Serve and devour!



4 Mix the mayonnaise with the zest from a quarter of the lemon. Add 2 tbsp of lemon juice with a pinch of salt and pepper and stir together really well.

5 Once the chicken has finished cooking take it out of the water. Leave the chicken to rest for at least 5 mins (this will keep it juicy).

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!