






More than food.  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     
You'll be entered into our weekly photo contest!

## Spooky Shredded Chicken and Baby Spinach Maille Caesar Salad

Patrick often wants his food to leap out of your plate, give you a massive bear hug and tell you how fantastic your costume is. However, since it's Halloween, he's tried to make this shredded chicken recipe as spooky as possible. Whilst there's nothing scary about nutritious feel-good food, you can eat this dish whilst dressed in your scariest costume, so whilst you'll be smiling, you'll scare off anyone who wants you to share!



Chicken Breast



Wholemeal Roll



Garlic Clove



Sour Cream



Lemon



Dijon Mustard



Spinach




Sunflower Seeds



Parmesan

## Ingredients

	2P	4P
Chicken Breast	2	4
Wholemeal Roll <b>1</b>	1	2
Garlic Clove, crushed	1	2
Sour Cream <b>2</b>	2 tbsp	4 tbsp
Lemon	½	1
Dijon Mustard <b>3</b>	¾ tsp	1½ tsp
Spinach	3 handfuls	6 handfuls
Sunflower Seeds	¾ tbsp	1½ tbsp
Parmesan <b>2</b>	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

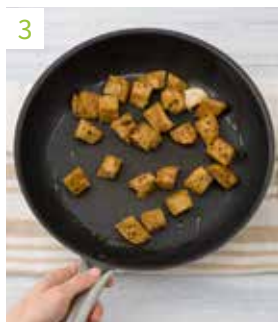
## Allergens

**1)** Gluten | **2)** Milk  
**3)** Mustard

**Nutrition per serving:** Calories: 601 kcal | Protein: 45 g | Carbs: 28 g | Fat: 28 g | Saturated Fat: 15 g



**1** Bring a medium-sized pot of water to a gentle simmer on medium-low heat. Add ½ a tsp of salt together with the chicken breasts 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.*



**2** Chop the wholemeal roll into 2cm cubes. Peel and lightly crush the garlic clove (it should be broken but still whole)



**3** Heat 1 tbsp of olive oil in a non-stick 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.



**4** Mix your sour cream with the zest of a quarter of the lemon. Add ¾ tbsp of lemon juice and a pinch of salt and pepper. Add your Dijon mustard and stir vigorously.

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

**6** Using a knife chop the chicken into very thin slices. **Tip:** *To give the chicken an even better texture pull the chunks apart with two forks to create thick shreds.*

**7** Put the spinach leaves in a large mixing bowl with the chicken and the croutons. Pour over the dressing and gently toss everything together with your fingers.

**8** Serve into bowls and top with the sunflower seeds. Scatter some Parmesan on top. Et voila!