



# Chicken and Avocado Salad with Croutons and Pumpkin Seeds

Lunch 5 Minutes • 1 of your 5 a day

Nº 5A



Baby Gem Lettuce



Avocado



Croutons



Pumpkin Seeds



French Dressing



Cooked Chicken Slices

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Dessert Spoon, Serving Bowl or Container, Cutting Board, Knife.

## Ingredients

	Quantity
Baby Gem Lettuce**	1
Avocado**	1
Croutons <b>7) 13)</b>	28g
Pumpkin Seeds	15g
French Dressing <b>9)</b>	1 sachet
Cooked Chicken Slices**	1 pack

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>194g</b>	<b>100g</b>
Energy (kJ/kcal)	1505 /360	778 /186
Fat (g)	27	14
Sat. Fat (g)	5	3
Carbohydrate (g)	15	8
Sugars (g)	4	2
Protein (g)	13	7
Salt (g)	0.61	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7) Milk 9) Mustard 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



1



## Prep the Lettuce

- Trim and discard the root from the **baby gem lettuce**.
- Cut the **lettuce** in quarters lengthways and separate the **leaves**.

2



## Prep the Avo

- Halve the **avocado** and remove the stone.
- Cut the **avocado** into squares (while it's still in its skin), then use a teaspoon to scoop out the flesh into a serving bowl (if eating straight away) or container (if eating later).

3



## Assemble

- If you're eating straight away, put your **lettuce, croutons, pumpkin seeds** and **dressing** into the bowl with the **avocado** and toss to coat.
- Lay your **chicken** on top and dig in.
- If you're eating later, add the **lettuce, croutons, pumpkin seeds** and **chicken** to the container with the **avocado** and pop into your fridge.
- Just before you're ready to eat, drizzle over the **dressing**, toss to coat and get stuck in.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.