

Chicken and Avocado Salad

with Croutons and Pumpkin Seeds

5 Minutes • 1 of your 5 a day







Baby Gem Lettuce





Croutons



Pumpkin Seeds



French Dressing



Cooked Chicken Slices

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Dessert Spoon, Serving Bowl or a Container.

Ingredients

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

^{*}Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	194g	100g
Energy (kJ/kcal)	1505/360	778 /186
Fat (g)	27	14
Sat. Fat (g)	5	2
Carbohydrate (g)	15	8
Sugars (g)	4	2
Protein (g)	13	7
Salt (g)	0.83	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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

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

You can recycle me!







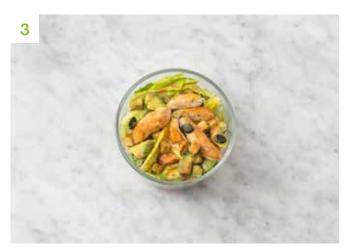
Prep the Lettuce

- a) Trim and discard the root from the baby gem lettuce.
- **b)** Halve or quarter the **lettuce**, then separate the **leaves**.



Prep the Avo

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



Ready to Eat

- a) If you're eating straightaway, put your lettuce, croutons, pumpkin seeds and dressing into the bowl with the avocado and toss to coat.
- b) Lay your chicken on top and enjoy.
- c) If you're eating later, add the lettuce, croutons, pumpkin seeds and chicken to the container with the avocado and pop inside your fridge.
- d) Drizzle over the **dressing** and toss to coat just before serving.

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.