



Chicken Caesar Salad

with Baby Gem

Calorie Smart Eat Me Early • 30 Minutes • Under 600 Calories • 2 of your 5 a day

24



Baby Plum Tomatoes



Baby Gem Lettuce



Lemon



Garlic Clove



Chicken Thigh



Mayonnaise



Dijon Mustard



Grated Hard Italian Style Cheese



Croutons

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Frying Pan, Baking Tray and Bowl.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	250g	250g
Baby Gem Lettuce**	2	3	4
Lemon**	½	¾	1
Garlic Clove**	1	2	2
Chicken Thigh**	3	5	6
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Dijon Mustard 9)	½ pot	¾ pot	1 pot
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
Croutons 7) 13)	28g	56g	56g
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2423/579	610/146
Fat (g)	41	10
Sat. Fat (g)	11	3
Carbohydrate (g)	15	4
Sugars (g)	6	1
Protein (g)	37	9
Salt (g)	1.58	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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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Packed in the UK

The Fresh Farm

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You can recycle me!



1



Get Started

Preheat the oven to 180°C. Halve the **tomatoes**. Trim the root from the **baby gem lettuce** and separate the leaves. Halve the **lemon**.

2



Roast the Garlic

Peel the **garlic** and pop into a small piece of foil with a drizzle of **oil**. Scrunch to enclose it. Roast on the top shelf of your oven until tender, 10-12 mins. Pop aside once cooked and allow to cool.

3



Brown the Chicken

Meanwhile, heat a large frying pan with a drizzle of **oil** over medium-high heat. Once hot, add the **chicken**, season with **salt** and **pepper** and cook until browned, 5-6 mins each side. Once browned, pop onto a low sided baking tray and roast until cooked through, 5-7 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

4



Make the Dressing

Remove the **roasted garlic** from the foil and mash with a fork until smooth. In a small bowl, mix together the **mayonnaise**, **Dijon mustard** (see ingredients for amount), the **roasted garlic** and **three quarters** of the **hard Italian style cheese**. Squeeze in the **lemon juice** (see ingredients for amount) and mix in the **olive oil** and **water** (see ingredients for both amounts). Mix until well combined. Season to taste with **salt** and **pepper** and keep to one side.

5



Lettuce Time

Do any washing up while you have time. Transfer the **lettuce leaves** to a large bowl and add the **tomatoes** along with **half** of the **dressing**. Mix well to coat.

6



Serve

Once the **chicken** is cooked, leave to rest for a few minutes before thinly slicing. Divide the **lettuce** and **tomatoes** between your plates then top with the **sliced chicken**. Sprinkle on the **croutons**, remaining **cheese** and drizzle over the remaining **dressing**.

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.