



Chicken Caesar Salad

with Ciabatta Croutons



HELLO CIABATTA

This long, flat loaf takes its name from the Italian word for slipper.



Chicken Breast



Ciabatta



Garlic Salt



Baby Gem Lettuce



Yellow and Red Cherry Tomatoes



Parmesan Cheese



Mayonnaise



Spiced Honey Mustard



Lemon



Olive Oil

35 mins

Little Heat

2 of your 5 a day

eat within 3 days

Did you know that the Caesar salad was invented in Mexico? Food industry legend has it that in 1924, slap-bang in the middle of the Prohibition era, Italian-American restaurateur Caesar Cardini was running a place in Tijuana. He got swamped by thirsty Americans coming over the border to enjoy a drink on the 4th July. Having run out of almost everything in the kitchen, he improvised this salad and history was made!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays, Large Bowl, Fine Grater** and a **Whisk**. Now, let's get cooking!



1 ROAST THE CHICKEN

Preheat your oven to 180°C. Pop the **chicken breast** on a baking tray, skin-side up. Drizzle over a little **oil** and season well with **salt** and **black pepper**. Roast on the top shelf of your oven until the skin is crispy and the **chicken** is cooked through, 25-30 mins.

★ **TIP:** The chicken is cooked when it is no longer pink in the middle.



2 MAKE THE CROUTONS

Slice the **ciabatta** in half (as if you were making a sandwich) then cut each half into 1cm cubes. Place on another baking tray and drizzle over some **oil**. Season with a pinch of the **garlic salt** (don't use it all!) and a grind of **black pepper**. Toss to coat evenly, then spread out and bake on the middle shelf of your oven until crispy and golden, 10-12 mins. Toss halfway through cooking.



3 PREP THE SALAD

Separate the **baby gem lettuce leaves** and tear into bite-sized pieces. Put the **lettuce** in a large bowl. Halve the **yellow and red cherry tomatoes** and add them to the bowl. Finely grate the **parmesan cheese**.



4 MAKE THE DRESSING

In a small bowl, whisk together the **mayonnaise** and **spiced honey mustard**, a squeeze of **lemon juice**, half the **parmesan**, a pinch of **garlic salt**, the **olive oil** (amount specified in the ingredient list) and a good grind of **black pepper**. Stir in ½ tbsp water per person to loosen the dressing. Taste and adjust the seasoning to your liking.



5 TOSS THE SALAD

When the **chicken** is cooked, let it rest for a few minutes before slicing each breast into six slices. Add a little dressing to the **lettuce** and **tomatoes** and toss the **salad**. Just use enough to coat and add flavour, it shouldn't be swimming. Or, you could follow the example of Caesar Cardini himself who was famous for tossing his salad tableside in a bit of show-off restaurant theatre!



6 FINISH AND SERVE

Serve the **sliced chicken** on a bed of the dressed **salad** and top with some **ciabatta croutons**, a sprinkle of the remaining grated **parmesan** and a drizzle of more **dressing**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Breast	2
Ciabatta, cubed 1)	1
Garlic Salt	½ tsp
Baby Gem Lettuce, torn	1
Yellow and Red Cherry Tomatoes, halved	1 punnet
Parmesan Cheese, grated 7)	20g
Mayonnaise 3) 10)	2 tbsp
Spiced Honey Mustard 10)	1 tbsp
Lemon	½
Olive Oil*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	676	145
(kJ)	2717	583
Fat (g)	39	8
Sat. Fat (g)	8	2
Carbohydrate (g)	31	7
Sugars (g)	9	2
Protein (g)	44	9
Salt (g)	2.21	0.47

ALLERGENS

1)Gluten 3)Egg 7)Milk 10)Mustard

Mayonnaise Ingredients: Rapeseed Oil (75%), Free Range Pasteurised Whole Egg (12%), Water, Extra Virgin Olive Oil PDO (5%), Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, **Mustard** Flour

THUMBS UP OR THUMBS DOWN?

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