



# Cobb Salad with Chicken Thigh and Bacon

with Roasted Garlic Yoghurt Dressing

**RAPID** 20 Minutes • 2.5 of your 5 a day

Nº 21



Ciabatta



Garlic Clove



Chicken Thigh



Bacon Lardons



Baby Gem Lettuce



Baby Plum Tomatoes



Natural Yoghurt



Avocado



Chicken Breast



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Ciabatta <b>11) 13)</b>	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Chicken Thigh**	210g	350g	420g
Bacon Lardons**	60g	90g	120g
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Natural Yoghurt <b>7)**</b>	150g	150g	300g
Avocado**	1	2	2
Diced Chicken Breast**	280g	420g	560g

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

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2456 /587	556 /133
Fat (g)	35	8
Sat. Fat (g)	9	2
Carbohydrate (g)	30	7
Sugars (g)	10	2
Protein (g)	37	8
Salt (g)	1.24	0.28
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	570 /2382	119 /500
Fat (g)	28	6
Sat. Fat (g)	7	2
Carbohydrate (g)	30	6
Sugars (g)	10	2
Protein (g)	49	10
Salt (g)	1.38	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.  
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.  
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



1. Make the Croutons

Preheat the oven to 200°C. Tear the **ciabatta** into roughly 2cm chunks and pop on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Bake the **ciabatta** middle shelf of your oven until golden, 8-10 mins. Meanwhile, peel the **garlic clove(s)** and pop into a square piece of foil with a drizzle of **oil**. Scrunch to enclose. Pop it onto the baking tray with the **ciabatta** and roast on the same baking tray in your oven until soft, 8-10 mins. Once the **croutons** are golden, remove from your oven and set aside.



4. Make the Dressing

Once the **garlic** is ready, carefully transfer to a board, remove from the foil and mash with the back of a fork into a smooth paste. Add to a small bowl, with the **yoghurt**, and season with **salt** and **pepper**.



2. Cook the Meat

Heat a drizzle of **oil** in a frying pan on high heat, once hot, add the **diced chicken thigh** and **bacon**. Fry until golden and crisp, 8-10 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

**CUSTOM RECIPE**

If you've chosen to get **chicken breast** instead of thigh, just cook the **diced chicken breast** in the same way the recipe tells you to cook the thigh and follow the steps as normal.



5. Prep the Avocado

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop into 2cm chunks.



3. Prep the salad

Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways. Halve the **baby plum tomatoes**. Put the **tomatoes** in a bowl, drizzle with **olive oil** and season with **salt** and **pepper**. Mix so that everything is evenly coated. Set the **lettuce** aside to add later (or it will go soggy).



6. Put it all Together

Divide the **lettuce** and **tomatoes** between bowls and top with the **chicken** and **bacon**. Add the **avocado chunks**, **croutons** and drizzle with the **yoghurt dressing**.

Enjoy!