



Chicken Thigh and Bacon Cobb Salad with Roasted Garlic Yoghurt Dressing

Rapid Eat Me Early 20 Minutes • 2 of your 5 a day

N° 15



Ciabatta



Garlic Clove



Diced Chicken Thigh



Bacon Lardons



Baby Gem Lettuce



Baby Plum Tomatoes



Natural Yoghurt



Avocado



Bacon Lardons



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.


Before you start

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

Cooking tools, you will need:

Baking Tray, Aluminium Foil, Frying Pan, Bowl.

Ingredients

	2P	3P	4P
Ciabatta 11 13	1	2	2
Garlic Clove	1	2	2
Chicken Thigh**	210g	350g	420g
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Natural Yoghurt 7) **	75g	112g	150g
Avocado*	1	2	2
 Bacon Lardons**	120g	180g	240g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2352 /562	581 /139
Fat (g)	35	9
Sat. Fat (g)	9	2
Carbohydrate (g)	27	7
Sugars (g)	7	2
Protein (g)	35	9
Salt (g)	1.19	0.30
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2677 /640	616 /147
Fat (g)	41	9
Sat. Fat (g)	10	2
Carbohydrate (g)	28	7
Sugars (g)	7	2
Protein (g)	40	9
Salt (g)	2.01	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 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.

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

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Make the Croutons

a) Preheat the oven to 200°C. Tear the **ciabatta** into roughly 2cm chunks and pop on a baking tray.

b) Drizzle with **oil** and season with **salt** and **pepper** and bake on the middle shelf of your oven until golden, 8-10 mins.

c) Meanwhile, peel the **garlic** clove(s) and pop into a square piece of foil with a drizzle of **oil** - use more if you love garlic! Scrunch to enclose.

d) Pop it onto the baking tray with the **ciabatta** and roast on the same baking tray in your oven until soft, 8-10 mins.

e) Once the **croutons** are golden, remove from your oven and set aside.



Make the Dressing

a) 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**.

b) Add to a small bowl with the **yoghurt** and season with **salt** and **pepper**.




Cook the Meat

a) Heat a drizzle of **oil** in a frying pan on high heat.

b) Once hot, add the **diced chicken thigh** and **bacon**. Fry until golden and crisp, 8-10 mins.

c) IMPORTANT: *Wash your hands after handling raw meat. The chicken is cooked when it is no longer pink in the middle. Cook the bacon lardons thoroughly.*

**CUSTOM RECIPE**

If you've decided to add extra **bacon lardons** to your meal, cook in the same way.



Prep the Avocado

a) Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half.

b) Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board.

c) Chop into 2cm chunks.



Prep the Salad

a) Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways and thinly slice widthways.

b) Halve the **baby plum tomatoes**.

c) Put the **tomatoes** in a bowl, drizzle with **olive oil** and season with **salt** and **pepper**. Mix so that everything is evenly coated.

d) Set the **lettuce** aside to add later (or it will go soggy).



Finish and Serve

a) Divide the **lettuce** and **tomatoes** between bowls and top with the **chicken** and **bacon**.

b) Add the **avocado** chunks, **croutons** and drizzle with the **yoghurt 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.