

Waldorf Style Salad

with Chicken, Bacon, Baby Gem Lettuce and Walnuts

CLASSIC 25 Minutes • 1 of your 5 a day









Salad Potatoes

Green Beans







Walnuts

Chicken Thigh







Bacon Lardons



Wholegrain Mustard







Spring Onion

Baby Gem Lettuce

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Large Saucepan, Colander and Frying Pan.

Ingredients

| _ | | | |
|---------------------------------|-----------------|-----------------|------------------|
| | 2P | 3P | 4P |
| Salad Potatoes** | 1 small pack | 1 large pack | 2 small packs |
| Green Beans** | 1 small pack | 1 large pack | 1 large pack |
| Walnuts 2) | 1 small pot | 1 large pot | 1 large pot |
| Chicken Thigh** | 210g | 350g | 420g |
| Bacon Lardons** | 90g | 120g | 180g |
| Mayonnaise 8) 9) | 2 sachets | 3 sachets | 4 sachets |
| Wholegrain Mustard 9) | 1 pot | 1½ pots | 2 pots |
| Baby Gem Lettuce** | 1 | 2 | 2 |
| Apple** | 1 | 1 | 2 |
| Spring Onion** | 1 | 2 | 2 |

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

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 508g | 100g |
| Energy (kJ/kcal) | 2956 /707 | 582/139 |
| Fat (g) | 46 | 9 |
| Sat. Fat (g) | 8 | 2 |
| Carbohydrate (g) | 37 | 7 |
| Sugars (g) | 9 | 2 |
| Protein (g) | 36 | 7 |
| Salt (g) | 1.75 | 0.34 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

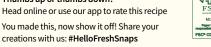
2) Nut 8) Egg 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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.

Contact

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Packed in the UK



1. Get Prepped

Put a large saucepan of water with ½ tsp salt on to boil for the potatoes. Chop the salad potatoes into 2cm chunks (no need to peel!). Trim the green beans then chop into thirds. Roughly chop the walnuts.



2. Cook the Potatoes

When the water for the potatoes is boiling, add the potatoes and cook until you can easily slip a knife through, 15-20 minutes. When the potatoes have 5 minutes left, add the **green beans** to the pan to cook. When cooked, drain in a colander and allow to cool slightly.



3. Cook the Meat

Heat a splash of **oil** in a large frying pan over a high heat. When hot, add the chicken thigh and bacon lardons. Cook stirring frequently until the **chicken** and **bacon** are both golden, 8-10 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Cook the bacon lardons throughout.



4. Mix Your Mayo

In a small bowl, combine the mayonnaise and wholegrain mustard. Season to taste with salt and pepper.



5. Make the Salad

Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Cut the apple into quarters through the core, then cut out the core from each quarter. Thinly slice widthways. Trim the **spring onion** then slice thinly. Combine the **lettuce**, **apple** and **spring onion** in a large bowl, stir in 1/3 of your mustard mayonnaise and toss to combine.



6. Time to Serve

Combine the remaining **mayonnaise** with the potatoes and beans in another bowl. Divide the dressed baby gem and apple between your bowls and top with the **beans** and **potatoes**. Finish with the **chicken** and **bacon**, and top with the **walnuts**.

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.