



Waldorf Style Salad

with Chicken and Bacon

Calorie Smart Eat Me Early 25 Minutes • Under 600 Calories • 1 of your 5 a day



Salad Potatoes



Green Beans



Walnuts



Diced Chicken Thigh



Bacon Lardons



Mayonnaise



Wholegrain Mustard



Baby Gem Lettuce



Apple



Spring Onion

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Colander, Frying Pan and Bowls.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Green Beans**	80g	150g	150g
Walnuts 2)	20g	40g	40g
Diced Chicken Thigh**	210g	350g	420g
Bacon Lardons**	60g	90g	120g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Wholegrain Mustard 9)	1 pot	1 pot	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	493g	100g
Energy (kJ/kcal)	2352/562	477/114
Fat (g)	31	6
Sat. Fat (g)	6	1
Carbohydrate (g)	39	8
Sugars (g)	10	2
Protein (g)	33	7
Salt (g)	1.59	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 8) Egg 9) Mustard

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

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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**.



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.



Cook the Meat

Heat a splash of **oil** in a large frying pan over a high heat. When hot, add the **diced 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.*



Mix your Mayo

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



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 **one-third** of your **mustard mayonnaise** and toss to combine.



Time to Serve

In another bowl, combine the remaining **mayonnaise** with the **potatoes** and **beans**. Divide the **dressed baby gem** and **apple** between your bowls and top with the **beans** and **potatoes**. Finish with the **chicken** and **bacon**, and sprinkle over 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.