













Waldorf Style Salad

with Chicken, Bacon and Walnuts

27

Calorie Smart Eat Me Early • 25-30 Minutes • 2 of your 5 a day • Under 650 Calories



-  Salad Potatoes
-  Green Beans
-  Walnuts
-  Diced Chicken Thigh
-  Bacon Lardons
-  Mayonnaise
-  Wholegrain Mustard
-  Baby Gem Lettuce
-  Apple
-  Spring Onion

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Green Beans**	80g	150g	150g
Walnuts 2)	20g	40g	40g
Diced Chicken Thigh**	210g	350g	390g
Bacon Lardons**	60g	90g	120g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Wholegrain Mustard 9)	17g	25g	34g
Baby Gem Lettuce**	1	2	2
Apple**	1	1	2
Spring Onion**	1	2	2

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2472 /591	472 /113
Fat (g)	33.2	6.3
Sat. Fat (g)	6.0	1.1
Carbohydrate (g)	45.8	8.6
Sugars (g)	14.0	2.7
Protein (g)	36.6	7.0
Salt (g)	2.21	0.42

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 8) Egg 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **green beans** and cut into thirds.

Roughly chop the **walnuts**.



Mix the Mustard Mayo

While everything cooks, in a small bowl, combine the **mayonnaise** and **wholegrain mustard**.

Season to taste with **salt** and **pepper**.



Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

When the **potatoes** have 5 mins left, add the **green beans** to the same pan and cook for the remaining time until tender.

Once cooked, drain everything in a colander and allow to cool slightly.



Salad Time

Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Quarter, core and thinly slice the **apple** widthways (no need to peel). Trim and thinly slice the **spring onion**.

Add the **lettuce**, **apple** and **spring onion** to a large bowl. Stir through a **third** of the **mustard mayo** and toss to coat.



Time to Fry

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **chicken** and **bacon lardons**. Cook, stirring frequently, until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging. The chicken is cooked when no longer pink in the middle. Cook lardons thoroughly.



Combine and Serve

Once the **potatoes** and **beans** have cooled slightly, add to another bowl and stir through the remaining **mustard mayo**.

Share the **dressed baby gem salad** between your bowls. Top with the **potatoes** and **beans**, followed by the **chicken** and **bacon**.

Scatter over the **walnuts** to finish.

Enjoy!