



Golden Chicken & Sourdough Crouton Salad

with Garlic Aioli & Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

1



Onion



Carrot



Beetroot



Sliced Sourdough



Grated Parmesan Cheese



Chicken Breast



Classic Roast Seasoning



Rosemary



Mixed Salad Leaves



Garlic Aioli



Chicken Breast



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

You're not going to believe how simple it is to make this Caesar-style salad yourself, from crunchy croutons to creamy aioli and tender chicken, topped with sharp Parmesan cheese. Once you've got this baby down, soggy supermarket salads will be a distant memory.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| onion | ½ | 1 |
| carrot | 1 | 2 |
| beetroot | 1 | 2 |
| sliced sourdough | 2 slices | 4 slices |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| chicken breast | 320g | 640g |
| classic roast seasoning | 1 medium sachet | 1 large sachet |
| rosemary | 2 sticks | 4 sticks |
| white wine vinegar* | drizzle | drizzle |
| mixed salad leaves | 1 medium packet | 1 large packet |
| garlic aioli | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2060kJ (492Cal) | 450kJ (107Cal) |
| Protein (g) | 46.1g | 10.1g |
| Fat, total (g) | 21.8g | 4.8g |
| - saturated (g) | 4.9g | 1.1g |
| Carbohydrate (g) | 27.4g | 6g |
| - sugars (g) | 13.8g | 3g |
| Sodium (mg) | 920mg | 201mg |
| Dietary Fibre (g) | 7.4g | 1.6g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **onion (see ingredients)** into wedges.
- Cut **carrot** into thick half-moons.
- Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

Little cooks: Kids can help toss the veggies.



Bake the croutons

- Meanwhile, cut or tear **sliced sourdough (see ingredients)** into bite-sized chunks.
- Add **sourdough** to a second lined oven tray.
- Drizzle with **olive oil**, toss to coat, then sprinkle over half the **grated Parmesan cheese**.
- Bake until golden, **5-8 minutes**.



Prep the chicken

- While the croutons are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **classic roast seasoning** and a drizzle of **olive oil**. Add **chicken** and turn to coat.



Cook the chicken

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: Chicken is cooked through when it's no longer pink inside.



Bring it all together

- Pick and finely chop **rosemary**.
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season.
- Add **mixed salad leaves, roasted veggies, rosemary** and **croutons**, then gently toss to combine.



Finish & serve

- Slice chicken.
- Divide sourdough crouton salad between plates. Top with golden chicken, spooning over any resting juices.
- Sprinkle over remaining Parmesan cheese.
- Drizzle with **garlic aioli** to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



CUSTOM OPTIONS



CHICKEN BREAST:

Follow method above, cooking in batches if necessary.



DICED BACON:

Cook, breaking up with a spoon, until browned, 6-7 minutes. Add to salad.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

