



Bruschetta Chicken Salad

with Croutons and Parmesan

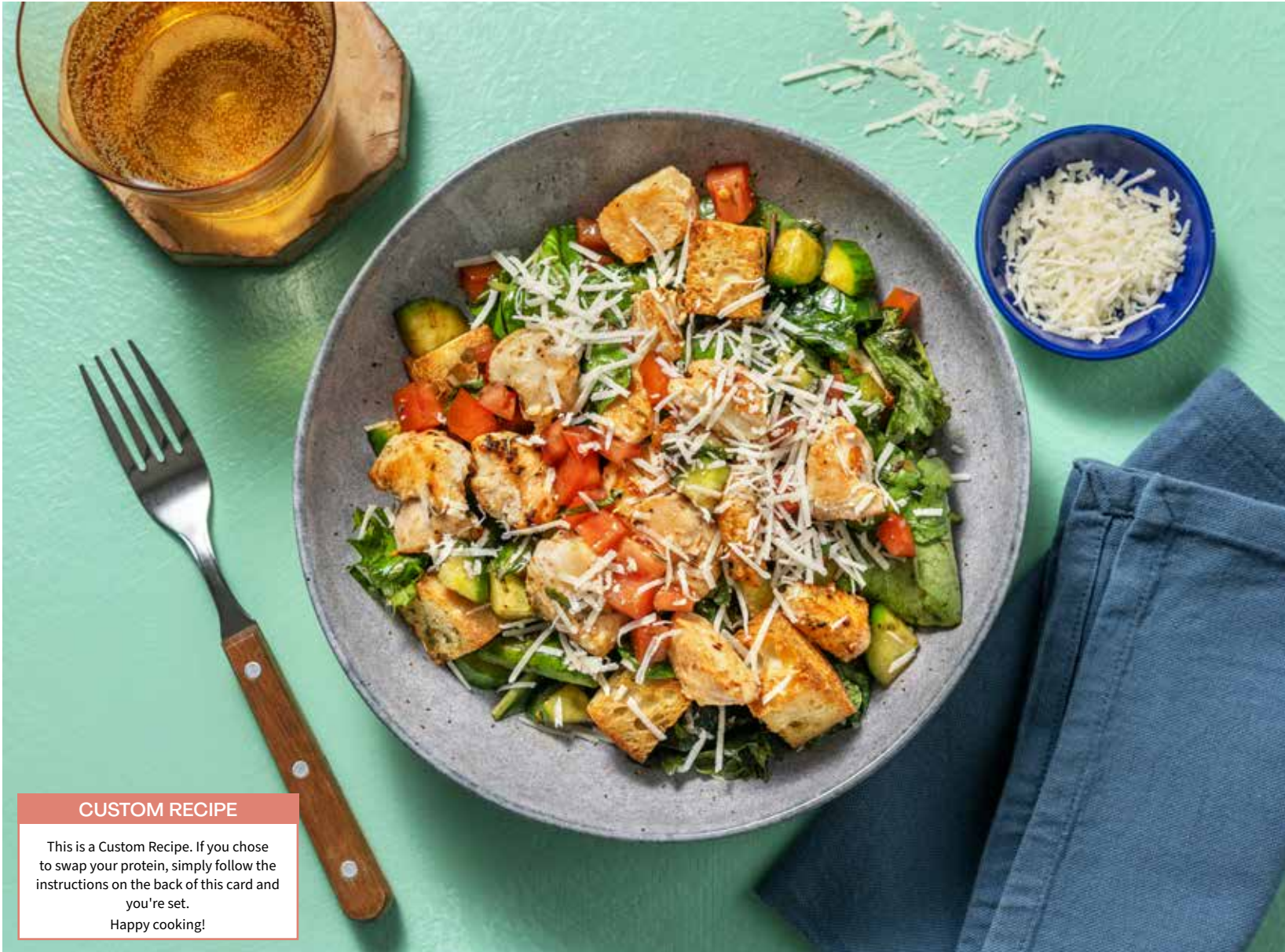
Family Friendly

Quick

20 - 30 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Diced Chicken Breast



Chicken Tenders



Roma Tomato



Basil



Mini Cucumber



Parmesan Cheese, shredded



Spring Mix



Garlic Puree



Balsamic Glaze



Italian Seasoning



Croutons

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour maker works in a variety of dishes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Diced Chicken Breast *	310 g	620 g
Chicken Tenders *	310 g	620 g
Roma Tomato	190 g	380 g
Basil	7 g	7 g
Mini Cucumber	66 g	132 g
Parmesan Cheese, shredded	¼ cup	½ cup
Spring Mix	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Croutons	28 g	56 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** **Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep

- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Cut **tomatoes** into ¼-inch pieces.
- Thinly slice **basil**.



2 Prep chicken

- Pat **chicken** dry with paper towels.
- Add **chicken, Italian Seasoning, half the garlic puree** and **1 tbsp** (2 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then toss to coat. Set aside.

If you've opted to get **chicken tenders**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **diced chicken breasts**.



3 Sear chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**.
- Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.**



4 Make bruschetta salad

- Meanwhile, whisk together **balsamic glaze, remaining garlic puree, 1 tbsp** (2 tbsp) **oil** and ½ **tsp** (1 tsp) **sugar** in a large bowl.
- Add **tomatoes, cucumbers, spring mix, basil, half the croutons** and **half the Parmesan**. Season with **salt** and **pepper**, then toss to combine.



5 Finish and serve

- Divide **bruschetta salad** between plates, then top with **chicken** and **remaining croutons**.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!



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