



# Chicken and Bacon Cobb Salad on Baby Kale

with Avocado and Honey-Mustard Dressing

Special

35 Minutes



Chicken Breasts



Bacon Strips



Baby Kale



Canned Corn



Baby Heirloom Tomatoes



Avocado



White Wine Vinegar



Dijon Mustard



Honey



Garlic Salt



Goat Cheese



Chives

HELLO BACON

*The perfect salty, crispy salad topper!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, large bowl, small bowl, measuring spoons, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Bacon Strips	100 g	200 g
Baby Kale	113 g	226 g
Canned Corn	56 g	113 g
Baby Heirloom Tomatoes	113 g	226 g
Avocado	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Dijon Mustard	½ tbsp	1 tbsp
Honey	1 tbsp	2 tbsp
Garlic Salt	¾ tsp	1 tsp
Goat Cheese	56 g	112 g
Chives	7 g	7 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F

\*\*\* 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 our meal kit labels for the most current allergen information.

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

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### Char corn

Drain and rinse **corn**, then pat dry with paper towels. Heat a large non-stick pan over medium-high heat. When pan is hot, add **corn** to the dry pan. Season with **salt** and **pepper**. Cover and cook, flipping once halfway through cooking, until dark golden-brown, 5-6 min. Transfer to a plate.



### Prep

While the **chicken** cooks, on a clean surface, halve the **tomatoes**. Peel, pit, then cut **avocado** into ½-inch pieces. Finely chop the **chives**. Combine the **goat cheese half the chives** in a medium bowl.



### Cook bacon

While **corn** chars, pat **chicken** dry with paper towels, then season all over with ¾ **tsp garlic salt** (dbl for 4 ppl) and **pepper**. Set aside. On a clean cutting board, cut the **bacon** into ½-inch pieces. Add the **bacon** to the same dry pan. Cook, stirring often, until crispy, 4-5 min.\*\* Transfer to a paper towel-lined plate, leaving ½ **tbsp bacon fat** (dbl for 4 ppl) in the pan.



### Make dressing

Whisk together **honey, Dijon, vinegar** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Stir in the **remaining chives**. Transfer **half the dressing** to a small bowl and set aside. Add the **kale** to the large bowl with **dressing** and toss to combine.



### Cook chicken

Add the **chicken** to the same pan. Cook, until golden, 3-4 min per side. Transfer **chicken** to a baking sheet. Roast in the **bottom** of the oven, until cooked through, 13-16 min.\*\*\*



### Finish and serve

Slice the **chicken**. Divide the **dressed kale** between plates. Top with **charred corn, tomatoes, avocado, chicken** and **herby goat cheese**. Sprinkle **bacon** over top, then drizzle with **remaining dressing**.

## Dinner Solved!