



DAD'S GRILLED LEMON CHICKEN CAESAR SALAD

with Croutons & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Baby Lettuce



1 | 2
Lemon



10 oz | 20 oz
Chicken Cutlets



3 oz | 6 oz
Caesar Dressing
Contains: Eggs, Fish, Milk



1 | 2
Croutons
Contains: Milk, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 680



10 oz | 20 oz
Bavette Steak

Calories: 600



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 510



HELLO

GRILLED CAESAR

A quick turn on a hot grill takes lettuce to new savory heights without losing the crunch!

OPEN FOR BUSINESS

Both the chicken and lettuce cook quickly, so keep that grill uncovered once you start cooking to avoid burning!

BUST OUT

- Grill
- Paper towels
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Mallet
- Small bowl
- Large bowl

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Preheat a **well-oiled** grill to medium heat. **TIP: If using a grill pan, you'll heat it in Step 2.**
- **Wash and dry produce.** Quarter **lemon**. Halve **lettuce** lengthwise, keeping the root intact.



2 GRILL CHICKEN

- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until about 1/2 inch thick. Season all over with **salt** and **pepper**.
- Add chicken to grill (**or grill pan**); grill until cooked through and lightly charred, 3-5 minutes per side (**grills can vary**). Transfer to a cutting board.
- Squeeze **one lemon wedge (two wedges for 4 servings)** over chicken.
- **GRILL PAN ALTERNATIVE:** Heat a **well-oiled grill pan over medium-high heat. Cook as instructed.**

\$ Swap in **salmon*** or **steak*** for chicken (**no need to pound!**). Grill salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and grill until cooked through 1-2 minutes more, or grill steak to desired doneness, 4-8 minutes per side.



3 GRILL LETTUCE

- Increase heat to high. Add **lettuce**, cut sides down, to grill; grill, undisturbed, until charred, 30-90 seconds (**grills can vary**). Transfer to a cutting board, grilled sides up. (**Skip grilling lettuce if using a grill pan—it'll taste just as great fresh!**)



4 MIX DRESSING

- In a small bowl, combine **Caesar dressing** and a **squeeze of lemon juice**.



5 TOSS SALAD

- Once cool enough to handle, trim and discard root end from **lettuce**; chop into bite-size pieces.
- Transfer lettuce to a large bowl. Toss with as much **dressing** as you like; taste and season with **salt** and **pepper**. Add more **lemon juice** if desired.



6 FINISH & SERVE

- Slice **chicken** crosswise. Lightly crush **croutons** in their bag.
- Divide **salad** between plates. Top with **Parmesan**, croutons, and chicken. Serve with any **remaining lemon wedges** on the side.
- **\$** Slice **steak** against the grain (**skip slicing salmon!**).

*Chicken is fully cooked when internal temperature reaches 165°.

\$ *Salmon is fully cooked when internal temperature reaches 145°.

\$ *Steak is fully cooked when internal temperature reaches 145°.