



DAD'S GRILLED LEMON CHICKEN CAESAR SALAD

with Croutons & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 TBSP | 2 TBSP
Fry Seasoning



1 tsp | 2 tsp
Garlic Powder



1 | 2
Croutons
Contains: Milk, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 | 2
Lemon



2 | 4
Baby Lettuce



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



10 oz | 20 oz
Chicken Cutlets



Customizable Meal

If you chose to personalize your meal by swapping, adding, or doubling an ingredient, refer to the separate **HelloCustom** card for all the info you'll need! You can also scan here for **HelloCustom** instructions.



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP.

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 530



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

- Plastic wrap
- Paper towels
- Mallet
- Aluminum foil
- Small bowl
- Large bowl
- Grill
- Kosher Salt
- Black Pepper
- Cooking Oil

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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

HOW WAS YOUR MEAL?



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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 ½ inch thick. Season all over with **Fry Seasoning, salt, and pepper.**
- Add chicken to grill; 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. Tent chicken with foil to keep warm.
- **GRILL PAN ALTERNATIVE:** Heat a **well-oiled grill pan** over medium-high heat. Grill chicken as instructed.



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, garlic powder,** 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.



If you customized your meal, refer to the cooking instructions on the **HelloCustom** card and use them as a guide to modify your recipe as needed.

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