



Chicken and Avocado Salad with Croutons and Pumpkin Seeds

Lunch 5 Minutes • 1 of your 5 a day

5A



Baby Gem Lettuce



Avocado



Croutons



Pumpkin Seeds



French Dressing



Cooked Chicken Slices

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Dessert Spoon, Serving Bowl or a Container.

Ingredients

	Quantity
Baby Gem Lettuce**	1
Avocado**	1
Croutons 7) 13)	1 pack
Pumpkin Seeds	15g
French Dressing 9)	1 sachet
Cooked Chicken Slices**	1 pack

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	194g	100g
Energy (kJ/kcal)	1505 /360	778 /186
Fat (g)	27	14
Sat. Fat (g)	5	2
Carbohydrate (g)	15	8
Sugars (g)	4	2
Protein (g)	13	7
Salt (g)	0.83	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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 You can recycle me!



1



Prep the Lettuce

a) Trim and discard the **root** from the **baby gem lettuce**.

b) Halve or quarter the **lettuce**, then separate the **leaves**.

2



Prep the Avo

a) Halve the **avocado** and remove the stone.

b) Cut the **avocado** into squares (while it's still in its skin), then use a dessert spoon to scoop out the **flesh** into a serving bowl (if eating straight away) or container (if taking your lunch somewhere).

3



Ready to Eat

a) If you're eating straightaway, put your **lettuce**, **croutons**, **pumpkin seeds** and **dressing** into the bowl with the **avocado** and toss to coat.

b) Lay your **chicken** on top and enjoy.

c) If you're eating later, add the **lettuce**, **croutons**, **pumpkin seeds** and **chicken** to the container with the **avocado** and pop inside your fridge.

d) Drizzle over the **dressing** and toss to coat just before serving.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.