



Chicken and Bacon Cobb Salad on Baby Kale

with Avocado and Honey-Mustard Dressing

Special

30 Minutes



Chicken Breasts



Bacon Strips



Baby Kale



Corn Kernels



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

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Bacon Strips	100 g	200 g
Baby Kale	113 g	226 g
Corn Kernels	56 g	113 g
Baby Heirloom Tomatoes	113 g	227 g
Avocado	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Dijon Mustard	½ tbsp	1 tbsp
Honey	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Goat Cheese	56 g	113 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.

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

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, stirring once halfway through cooking, until dark golden-brown, 4-5 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** with **half the chives** in a medium bowl.



Cook bacon

While **corn** chars, pat **chicken** dry with paper towels, then season all over with ½ **tsp garlic salt** (dbl for 4 ppl) and **pepper**. Set aside. 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.



Make dressing

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



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

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

Dinner Solved!