



Waldorf Style Salad

with Chicken, Bacon, Baby Gem Lettuce and Walnuts

CLASSIC 25 Minutes • 1 of your 5 a day

N° 21



Salad Potatoes



Green Beans



Walnuts



Chicken Thigh



Bacon Lardons



Mayonnaise



Wholegrain Mustard



Baby Gem Lettuce



Apple



Spring Onion

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Green Beans**	1 small pack	1 large pack	1 large pack
Walnuts 2)	1 small pot	1 large pot	1 large pot
Chicken Thigh**	210g	350g	420g
Bacon Lardons**	90g	120g	180g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Baby Gem Lettuce**	1	2	2
Apple**	1	1	2
Spring Onion**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2956 /707	582 /139
Fat (g)	46	9
Sat. Fat (g)	8	2
Carbohydrate (g)	37	7
Sugars (g)	9	2
Protein (g)	36	7
Salt (g)	1.75	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 8) Egg 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Get Prepped

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Chop the **salad potatoes** into 2cm chunks (no need to peel!). Trim the **green beans** then chop into thirds. Roughly chop the **walnuts**.



4. Mix Your Mayo

In a small bowl, combine the **mayonnaise** and **wholegrain mustard**. Season to taste with **salt** and **pepper**.



2. Cook the Potatoes

When the **water** for the **potatoes** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 minutes. When the **potatoes** have 5 minutes left, add the **green beans** to the pan to cook. When cooked, drain in a colander and allow to cool slightly.



5. Make the Salad

Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Cut the **apple** into quarters through the core, then cut out the core from each quarter. Thinly slice widthways. Trim the **spring onion** then slice thinly. Combine the **lettuce**, **apple** and **spring onion** in a large bowl, stir in ⅓ of your **mustard mayonnaise** and toss to combine.



3. Cook the Meat

Heat a splash of **oil** in a large frying pan over a high heat. When hot, add the **chicken thigh** and **bacon lardons**. Cook stirring frequently until the **chicken** and **bacon** are both golden, 8-10 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Cook the **bacon lardons** throughout.



6. Time to Serve

Combine the remaining **mayonnaise** with the **potatoes** and **beans** in another bowl. Divide the dressed **baby gem** and **apple** between your bowls and top with the **beans** and **potatoes**. Finish with the **chicken** and **bacon**, and top with the **walnuts**.

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.