



Waldorf Style Salad

with Chicken and Bacon

Calorie Smart Eat Me Early • 25 Minutes • Under 600 Calories

24



Salad Potatoes



Green Beans



Walnuts



Chicken Thigh



Bacon Lardons



Mayonnaise



Wholegrain Mustard



Baby Gem Lettuce



Apple



Spring Onion

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Colander, Frying Pan and Bowl.

Ingredients

| | 2P | 3P | 4P |
|-----------------------|-----------|-----------|-----------|
| Salad Potatoes** | 350g | 500g | 700g |
| Green Beans** | 80g | 150g | 150g |
| Walnuts 2) | 20g | 40g | 40g |
| Chicken Thigh** | 210g | 350g | 420g |
| Bacon Lardons** | 60g | 90g | 120g |
| Mayonnaise 8) 9)** | 2 sachets | 3 sachets | 4 sachets |
| Wholegrain Mustard 9) | 17g | 25g | 34g |
| 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 | 491g | 100g |
| Energy (kJ/kcal) | 2304 /551 | 470 /112 |
| Fat (g) | 31 | 6 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 37 | 8 |
| Sugars (g) | 9 | 2 |
| Protein (g) | 33 | 7 |
| Salt (g) | 1.65 | 0.34 |

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

2) Nut 8) Egg 9) Mustard

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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HelloFresh UK

Packed in the UK

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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**.



Mix Your Mayo

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



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.



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 and thinly slice the **spring onion**. Combine the **lettuce**, **apple** and **spring onion** in a large bowl, stir in **one-third** of your **mustard mayonnaise** and toss to combine.



Cook the Meat

Heat a splash of **oil** in a large frying pan over 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:** Wash your hands and equipment after handling raw meat. The chicken is cooked when it is no longer pink in the middle. Cook lardons thoroughly.



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.