

# Italian Chicken and Rocket Salad

with Balsamic Dressing

**hellóchef**

Delicious Italian flavours!

Cals 626 • Prot 58 • Carbs 43 • Fat 27

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© cook: 20 min

R2606



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Shallots	1	2	2	Piece
Sun dried tomatoes	60	90	120	Grams
Cherry tomatoes	150	250	300	Grams
Mozzarella ball 4*	125	250	250	Grams
Fresh mint	10	10	20	Grams
Almond flakes 1*, 2*	30	45	60	Grams
Rocket	80	125	160	Grams
Kalamata olives	40	60	80	Grams
Chilli flakes	2	2	2	Grams
Dressing				
Garlic cloves	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Wholegrain mustard 13*	15	22	30	Grams
Balsamic vinegar 14*	15	22	30	ML
Honey	15	15	30	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

\*4 Milk, \*1 Peanuts, \*2 Tree Nuts, \*13 Mustard, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2620 / 626
Fat (g)	27.1
of which saturates (g)	9.4
Carbohydrate (g)	43
of which sugars (g)	24.8
Fiber (g)	9.6
Protein (g)	57.8
Salt (g)	1.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Slice the cooked **chicken** thinly.



2 Prep

Meanwhile, peel and mince the **garlic**. Peel and finely slice the **shallots** (see pro tip). Roughly chop the **sun-dried tomatoes**. Halve the **cherry tomatoes**. Drain and tear the **mozzarella** into bite-size pieces. Pick the **mint** leaves.



3 Make dressing

Add the **garlic** (don't like raw **garlic**? Go easy!), **shallots**, **olive oil**, **mustard**, **balsamic vinegar**, **honey**, **salt** and **black pepper** to a jar or bowl. Whisk or shake until fully combined - this is your **dressing**.

**Tip!** Make the dressing a few hours ahead, this will lessen the shallots' harsh flavour.



4 Toast almonds

Toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown. Set aside.



5 Toss

Place the **rocket**, **Kalamata olives**, **cherry tomatoes**, **sun dried tomatoes** and **mint** leaves in a large bowl and drizzle with the **dressing**. Toss.



6 Serve

Arrange the **salad** among plates, top with the sliced **chicken breast**, dot with the torn **mozzarella** and garnish with the **almond** and **chilli flakes** (**spicy!**).