

Chicken Cobb Salad with Blue Cheese and Mustard Vinaigrette

It's no wonder this salad is a classic – it comes with a little bit of everything!

Cals 673 • Prot 59 • Carbs 23 • Fat 40

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🕒 cook: 20 min

R2654

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	
Smoked turkey bacon	60	90	120	Grams
Chicken breast	300	500	600	Grams
Organic Eggs 5*	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Romaine lettuce	200	300	400	Grams
Tomatoes	2	2	3	Piece
Avocado	1	2	2	Piece
Blue cheese 4*	60	90	120	Grams
Dressing				
Dijon mustard 13*	9	12	12	Grams
White balsamic vinegar 14*	22	30	45	ML
Olive oil	5	7	10	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

***5 Eggs, *4 Milk, *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)	2814 / 673
Fat (g)	40.2
of which saturates (g)	12.1
Carbohydrate (g)	23
of which sugars (g)	9.2
Fiber (g)	11.9
Protein (g)	58.6
Salt (g)	4.3

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



1 Poach chicken

Bring a pot of generously salted water to a boil. Once boiling, add the **chicken breasts**. Poach for 5-7 min until cooked through. Transfer to a chopping board to cool. Alternatively, fry the **chicken** in a hot pan with a drizzle of **oil**. Reserve the pot of water for the **eggs**.



2 Boil eggs

Bring the reserved pot of water to a boil. Once boiling, gently lower the **eggs** into the water, using a spoon. Cook the **eggs** for 7 min or until done to your liking, then submerge them in cold water to cool.



3 Fry bacon

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **bacon** and fry until browned and crispy. Transfer the **bacon** to a plate or chopping board.



4 Make dressing

Add the **Dijon mustard** and the **white balsamic vinegar** to a small bowl, mix. Gradually add the **olive oil** whisking constantly until smooth. Season with **salt** and **pepper** (see pro tip).



5 Prep salad

Chop the **Romaine lettuce**. Chop the **tomatoes**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Peel and quarter the **eggs**. Crumble the **blue cheese**. Chop the crispy **bacon** into small pieces. Slice the cooled **chicken breasts**.



6 Assemble salad

Divide the **chicken, eggs, bacon, lettuce, tomatoes, avocado** and **blue cheese** among plates. Drizzle with the **dressing** and serve immediately.