



SUMMER SWEET MUSTARD CHICKEN & CAMELISED PEAR SALAD

with Parmesan Ciabatta Croutons



Learn how to
caramelize pear!



Pear



Parmesan Cheese



Roma Tomato



Bake-At-Home Ciabatta



Sweet Mustard Spice Blend



Chicken Breast



Mixed Salad Leaves

Hands-on: **30** mins
Ready in: **40** mins

Eat me early

There's nothing that yells summer more than a caramelised pear salad. Pair it with a sweet mustard chicken and you've got yourself the ultimate hot summer night dinner. You can thank us later!

Pantry Staples: Olive Oil, Balsamic Vinegar, Plain Flour, Salt, Butter, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **fine grater, chef's knife, chopping board, two large bowls, oven tray** lined with **baking paper, baking paper, meat mallet** or **rolling pin, large frying pan, bowl** and **tongs**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **Parmesan cheese**. Slice the **pear** into 1 cm thick wedges. Chop the **Roma tomato** into 1 cm chunks and place in a large bowl with the **balsamic vinegar**, a **drizzle of olive oil** and a **large pinch of salt** and **pepper**. Set aside



2 BAKE THE CROUTONS

Cut the **bake-at-home ciabatta** into 2 cm cubes. Place the ciabatta on an oven tray lined with baking paper, **drizzle with olive oil** and sprinkle over **1/2 the Parmesan**. Season with a **pinch of salt** and **pepper** and toss to coat. Bake on the top rung of the oven to cook for **8-10 minutes**, or until golden. Set aside.



3 PREP THE CHICKEN

While the cROUTONS are baking, place the **chicken breast** in between two sheets of baking paper and pound with a meat mallet (or rolling pin) until 1 cm thick. In a large bowl, combine the **plain flour, sweet mustard spice blend, salt (use suggested amount)** and a **pinch of pepper**. Add the chicken to the bowl and toss to coat in the mixture. Set aside.



4 CARAMELISE THE PEAR

Melt the **butter** in a large frying pan on a high heat. Once melted add the **pear** in a single layer and cook, turning occasionally, for **5-6 minutes**, or until softened. Add the **honey** and cook, stirring, for **2 minutes**, or until golden. Transfer the pear and the pan juices to a bowl to cool slightly.



5 COOK THE CHICKEN

Wash the pan and return to a medium-high heat with a **drizzle of olive oil**. Once hot, add the **chicken breast** and cook for **3-4 minutes** on each side, or until golden and cooked through. **TIP:** *The chicken is cooked when it is no longer pink in the middle.* Slice the chicken into 1 cm strips.



6 SERVE UP

Add the **mixed salad leaves**, the croutons and the caramelized pear to the bowl with the tomatoes and toss together. Divide the salad between bowls and top with the sliced, sweet mustard chicken. Drizzle over any remaining pear juices and sprinkle over the remaining Parmesan.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Parmesan cheese	1 block (50 g)	1 block (100 g)
pear	1	2
Roma tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
bake-at-home ciabatta	1	2
chicken breast	1 packet	1 packet
plain flour*	1 tsp	2 tsp
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (4 tsp)
salt*	¼ tsp	½ tsp
butter*	20 g	40 g
honey*	1 tbs	2 tbs
mixed salad leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2470kJ (589Cal)	526kJ (126Cal)
Protein (g)	49.9g	10.6g
Fat, total (g)	25.9g	5.5g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	36.5g	7.8g
- sugars (g)	21.7g	4.6g
Sodium (g)	1190mg	255mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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ENJOY!