



Bruschetta Chicken Salad

with Arugula and Garlic Croutons

PRONTO 30 Minutes



Chicken Tenders



Roma Tomato



Shallot



Basil



Parmesan Cheese



Parsley



Garlic



Balsamic Glaze



Demi Baguette



Baby Arugula



Italian Seasoning

HELLO PARMESAN

The perfect combination of salty, savoury and creamy!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Garlic Press, Measuring Spoons, Paper Towels,
2 Large Bowls, Large Non-Stick Pan, Whisk

Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Roma Tomato	80 g	160 g
Shallot	50 g	100 g
Basil	7 g	14 g
Parmesan Cheese	¼ cup	½ cup
Parsley	7 g	14 g
Garlic	6 g	12 g
Balsamic Glaze	2 tbsp	4 tbsp
Demi Baguette	1	2
Baby Arugula	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Salt and Pepper*		
Oil*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F,
as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit
labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles
egg, fish, crustacean, shellfish, milk, mustard, peanuts,
sesame, soy, sulphites, tree nuts and wheat.*



1. PREP

Peel **shallot**, then cut **shallot** and **tomato**
into ¼-inch pieces. Thinly slice **basil**. Finely
chop **parsley**. Cut **baguette** into 1-inch
pieces. Peel, then mince or grate **garlic**.



2. PREP CHICKEN

Pat **chicken** tenders dry with paper towels.
In a large bowl, add **chicken**, **half the Italian
seasoning** and **1 tbsp oil** (dbl for 4 ppl).
Season with **salt** and **pepper**. Stir to coat and
set aside.



3. MAKE CROUTONS

In another large bowl, add **baguette pieces**,
half the garlic, **remaining Italian seasoning**
and **1 tbsp oil** (dbl for 4 ppl). Season with
salt and **pepper**. Toss together. Heat a large
non-stick pan over medium-high heat. When
hot, add **baguette pieces**. Cook, stirring
occasionally, until golden-brown on all sides,
3-4 min. (**TIP**: Cook in two batches for 4 ppl.)



4. MAKE BRUSCHETTA

While **croutons** cook, in the same large bowl,
whisk together **balsamic glaze**, **remaining
garlic**, **2 tbsp oil**, **½ tsp sugar** (dbl all for
4 ppl). Add **tomato**, **arugula**, **Parmesan**,
parsley, **basil** and **shallot**. Season with **salt**
and **pepper**. Stir to combine. When **croutons**
are done, add to the bowl and toss together.



5. COOK CHICKEN TENDERS

To the same pan, add **chicken**. Cook, until
bottoms are golden-brown, 2-3 min. Flip,
cover and cook until cooked through,
2-3 min. **



6. FINISH AND SERVE

Divide **bruschetta salad** between plates and
top with **chicken**.

Dinner Solved!