

RECIPE BAG
5965

2 people: 30 min
4 people: 35 min

Summery Roast Chicken Salad



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our kitchen bangers

Ingredients for 2 [Double for 4 people]:



125g cherry
tomatoes



50g rocket



1 tsp dried
basil



15ml cider vinegar



10.5g
wholegrain
mustard **A10**



2 British chicken
breast portions



160g fine
green beans



2 ciabattas **A1**

Nutritional info (per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
379kcal	4g	1g	44g
Sugar	Fibre	Protein	Salt
5g	6g	40g	1g



2 of your 5-a-day

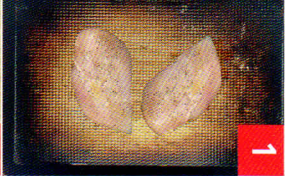


Dairy-free
See our FAQs for details.

Allergens: **A1**: gluten, **A10**: mustard

You need: olive oil, pepper, salt, sugar
Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.



1

Instructions for 2 [for 4]

Before you start cooking, take your **chicken** out of the fridge, open the packet and let it air

Preheat the oven to 200°C/ 180°C (fan) / gas 6

Add the **chicken breast portions** to a baking tray with a drizzle of **olive oil** and a generous pinch of **salt** and **pepper**

Put the tray in the oven for an initial 10 min



2

Meanwhile, chop the **cherry tomatoes** in half and tear the **ciabattas** into bite-sized pieces



3

Add the **halved tomatoes** and **tom ciabatta** to a bowl with the **dried basil**, 2 tbsp [4 tbsp] **olive oil** and a generous pinch of **salt** and **pepper**

Mash the **halved tomatoes** together with the **croutons** so that the juice soaks into the bread – these are your **tomato croutons**

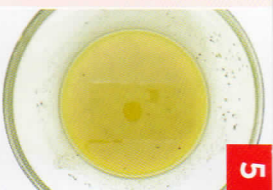


4

Once the chicken has been in the oven for 10 min, remove the tray from the oven and surround it with **tomato croutons**

Tip: Cooking for 4? Use 2 trays!

Return the tray to the oven for a further 12–15 min or until the chicken is cooked through (no pink meat!) and the juices run clear



5

Whilst the chicken is cooking, boil half a kettle

Combine half [all] the **wholegrain mustard** with the **cider vinegar**, 2 tbsp [4 tbsp] **olive oil**, 1 tsp [2 tsp] **sugar** and a pinch of **salt** and **pepper** in a small bowl

Mix everything together – this is your **tangy mustard dressing**

Tip: Cooking for 2? Save the remaining wholegrain mustard for another recipe!



6

Trim the **green beans**, then add them to a pot, cover them with **boiled water** (just enough to cover them) with a pinch of **salt**

Bring to the boil over a high heat and cook for 3–4 min or until tender

Drain, then set aside



7

Once the chicken is cooked, transfer it to a clean board and shred it roughly apart using two forks – this technique is known as 'pulling'

Wash the **rocket**, then pat it dry with kitchen paper



8

Serve the **rocket**, **pulled roast chicken** and **tomato croutons** on plates and top with the **green beans**

Drizzle over the **tangy mustard dressing** and season with a crack of **black pepper**

Enjoy!