Chicken & Bacon Cobb Salad with Smoky Chipotle Dressing

Overview ... U / 5767720





CALORIES:

6.3% Carbs

24.6% Protein

69.1% Fat

Food Labelling...

Serves 1

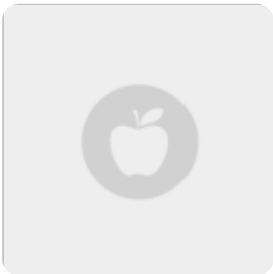
CONTAINS:

EGGS MILK

Recipe Ingredients ...		Quantity:	Description:
16392	18 British Free Range Fresh Medium Eggs.. -	56g	1.01x Each
32401	Roast Chicken Fillets..	75g	
29566	Crispy Cooked Smoke Flavoured Streaky Bacon Pieces 500g.. -	15g	4.5x Each
71507	Blue Stilton® Wedges.. -	20g	0.13x Each
3243	Sweetcorn.. -	30g	0.03x Each
10364	Red Cherry Tomatoes.. -	10g	0.04x Each
12068	Yellow Cherry Tomatoes.. -	10g	0.04x Each
10332	Lettuce Little Gem.. -	40g	0.4x Each
10473	Spring Onions Bunch..	10g	
10306	Avocados.. -	50g	0.2x Each
146195 -	146195 Lion Chipotle Mayo.. -	25g	0.26x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

341g / 611kcal

\# 1

Cooking Instructions & Notes

Preparation:

Defrost the chicken and slice
Defrost the sweetcorn

Method:

1. In a pan of boiling water cook the egg for 6 minutes - refresh under cold water and peel.
2. Slice the cherry tomatoes, spring onions and radish, dice the avocado and chop the lettuce.
3. In a mixing bowl combine all of the ingredients with the chicken and sweetcorn and coat in the chipotle dressing.
4. Place into a suitable dish and garnish with the sliced egg and crispy bacon - serve