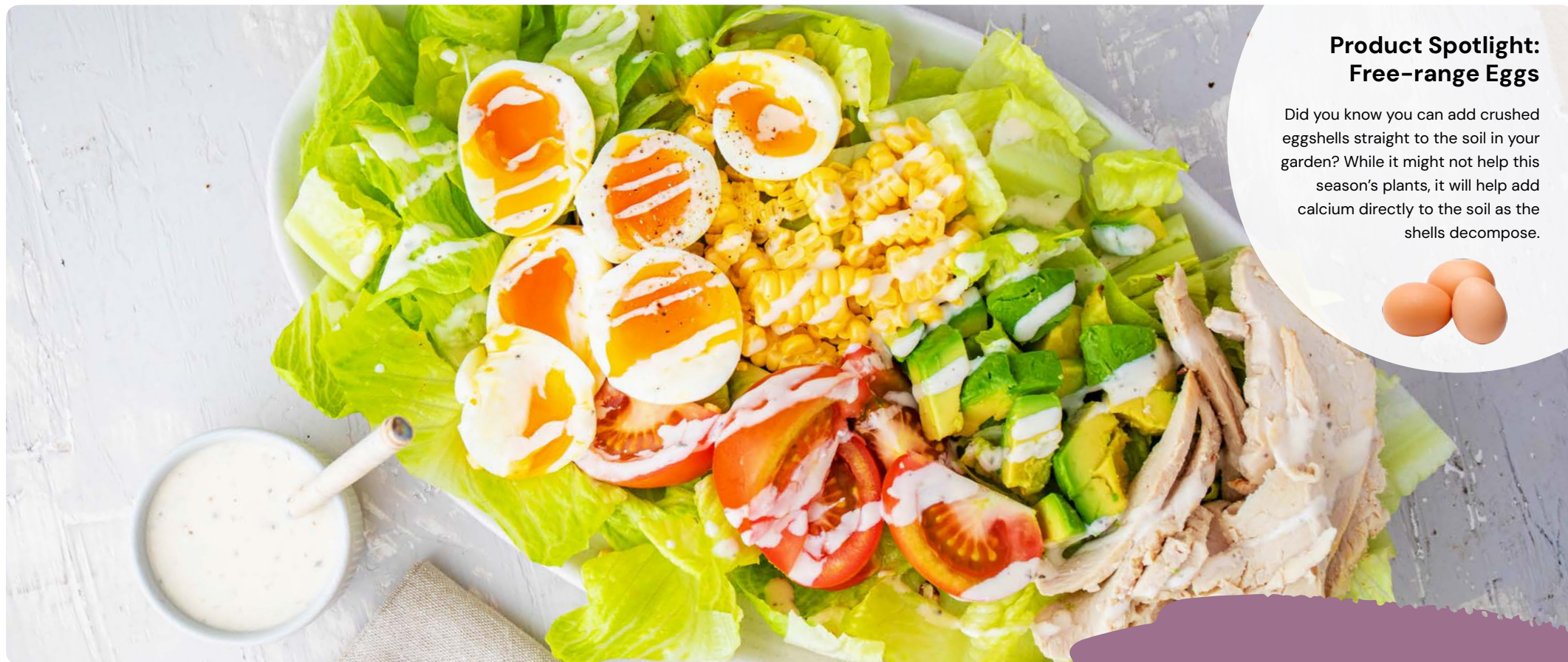




Product Spotlight: Free-range Eggs

Did you know you can add crushed eggshells straight to the soil in your garden? While it might not help this season's plants, it will help add calcium directly to the soil as the shells decompose.



Summer Chicken Cobb Platter

A fresh and flavourful platter with minimal cooking! Sliced chicken breast and soft-boiled eggs on a bed of crisp lettuce with all the trimmings, finished with a drizzle of creamy dressing.



20 minutes



2 servings



Chicken

Switch it up!

You can use these ingredients to create chicken sandwiches or rolls for lunch during the week!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	35g	16g

FROM YOUR BOX

FREE-RANGE EGGS	6-pack
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
CORN COB	1
CREAMY FRENCH DRESSING	1 sachet
COOKED CHICKEN BREAST	1 packet

FROM YOUR PANTRY

salt, pepper, dried thyme

KEY UTENSILS

saucepan

NOTES

Cook the eggs straight from the fridge for 6-7 minutes for a soft boiled egg, leave in for 8-9 minutes for a hard boiled yolk.

Add any toasted nuts, croutons, fresh herbs or cheese if preferred!



1. COOK THE EGGS

Bring a medium saucepan of water to a boil. Add **eggs** (use to taste) and cook for 6-7 minutes (see notes). Cool under running cold water.



2. PREPARE THE SALAD

Chop and rinse **lettuce leaves**. Arrange on the base of a serving platter. Wedge **tomato**, dice **avocado** and remove **corn** from cob. Arrange on top of **lettuce**.



3. PREPARE THE DRESSING

Combine **creamy French dressing** with **1-2 tbsp water** and **1 tsp dried thyme**. Season with **salt and pepper**.



4. ADD CHICKEN AND EGGS

Peel and halve **eggs** and season with **salt and pepper**. Arrange on **salad** with **cooked chicken**.



5. FINISH AND SERVE

Serve **chicken platter** with **dressing** to taste (see notes).



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