

Carb Smart Sesame-Crusted Chicken Salad

with Avocado and Creamy Sesame Dressing

Carb Smart

25 Minutes





Customized Protein Add







If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 降

Chicken Thighs • 280 g | 560 g









2 4

Chicken Breasts Sesame Seeds 1 tbsp | 2 tbsp



Garlic Salt ½ tsp | 1 tsp

1 | 2

Avocado



1 | 2

Tahini Sauce 2 tbsp | 4 tbsp







Mayonnaise

Vinegar ½ tbsp | 1 tbsp 2 tbsp | 4 tbsp





Baby Spinach 113 g | 227 g

Crispy Shallots 28 g | 56 g



Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Large non-stick pan, tongs, baking sheet, large bowl, paper towels, shallow bowl, measuring spoons, whisk



Start chicken

- · Before starting, preheat the oven to 450°F
- Wash and dry all produce.

O Swap | Chicken Thighs

🚫 Swap | Tofu

- Add sesame seeds to a shallow bowl. Set aside.
- Pat chicken dry with paper towels. Season chicken with ½ tsp (1 tsp) garlic salt and pepper.



Cook chicken

🗘 Swap | Tofu 🕽

- Heat a large non-stick pan over medium-high
- When hot, add ½ tbsp oil, then chicken. (NOTE: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
- Using tongs, working one piece at a time, transfer chicken to the plate with sesame seeds. Coat one side with sesame seeds. then transfer chicken, seed side up, to an unlined baking sheet. Repeat with remaining chicken.
- Roast in the middle of the oven until cooked through, 8-10 min.**



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Peel, pit, then cut **avocado** into ½-inch pieces.



1 | Start tofu

6-8 min.

Measurements

1 | Start chicken

O Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prep and sear them in the same way the recipe instructs you to prep and sear the **chicken**

breasts, then decrease roasting time to

within steps

O Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke tofu all over. Season **tofu** in the same way the recipe instructs you to season the chicken breasts.

1 tbsp

2 person

oil

2 | Cook tofu

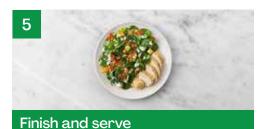
O Swap | Tofu

Cook **tofu** in the same way the recipe instructs you to cook the chicken breasts.



Make dressing

- Add tahini sauce, mayo, 2 tbsp (4 tbsp) water, 1/4 tsp (1/2 tsp) sugar and half the vinegar (use all for 4 ppl) to a large bowl. Whisk to combine. Season with salt and pepper.
- Add spinach, avocados and tomatoes. Toss to combine.



Slice chicken.

- Divide salad between plates, then top with crispy shallots.
- Divide chicken between plates.

- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.