

# Smart Blueberry-Dressed Chicken Salad

with Almond Pralines

Smart Meal

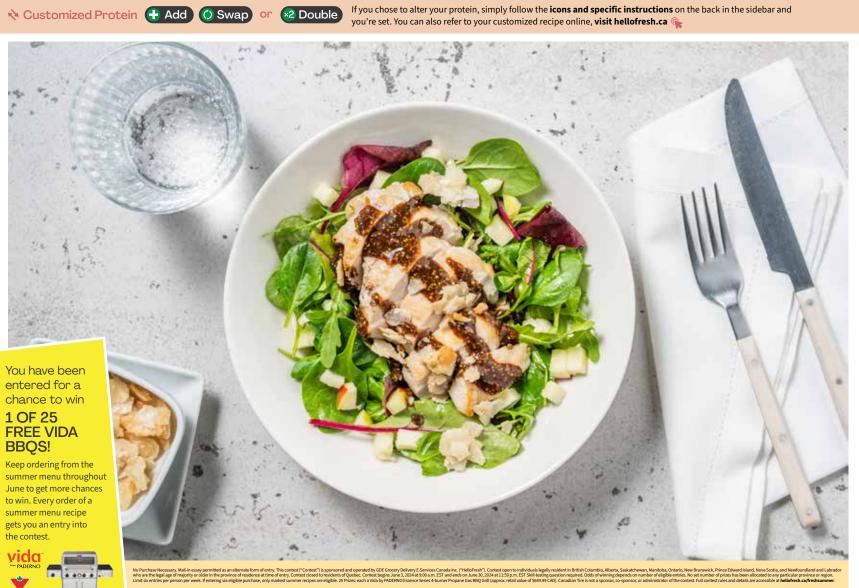
20 Minutes





Chicken \* Thighs 280 g | 560 g







Chicken Breasts 2 | 4



113 g | 227 g



Gala Apple



1 | 2

Balsamic Vinegar 1 tbsp | 2 tbsp



Whole Grain Mustard



Blueberry Jam

1 tbsp | 2 tbsp





1 tsp | 2 tsp



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 bowl, large non-stick pan, measuring spoons, paper towels, small bowl, whisk



### Make almond pralines

- Before starting, wash and dry all produce.
- Heat a large non-stick pan over medium-low heat.
- When hot, add **almonds**, **1 tbsp** (2 tbsp) sugar and ½ tbsp (1 tbsp) water to the dry pan.
- Toast, stirring often, until **almonds** are golden-brown and coated in caramel glaze, 3-4 min.
- Carefully arrange almond pralines on a plate in a single layer. (NOTE: Be careful — caramel will be hot! Do not touch pralines until cool.)
- Sprinkle a pinch of salt over top.



### Cook chicken

#### 🚫 Swap | Chicken Thighs

- Meanwhile, pat chicken dry with paper towels. Season with garlic salt and pepper.
- When **almond pralines** are done, reheat the same pan over medium.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then chicken.
- Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.\*\*



### Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- Add vinegar, blueberry jam, mustard, 1 tsp (2 tsp) water and 2 tbsp (4 tbsp) oil to a small bowl.
- Season with salt and pepper, then whisk to combine.
- When **chicken** is done, add **spring mix** to a large bowl.
- Drizzle half the blueberry vinaigrette over top, then toss to coat.



# 2 | Cook chicken

Measurements

within steps

# Swap | Chicken Thighs

If you've opted to get **chicken thighs**, season them in the same way the recipe instructs you to season the chicken breasts. Decrease panfrying time to 3-5 min per side.\*\*

1 tbsp

oil



### Finish and serve

- Thinly slice chicken.
- Divide salad between plates. Top with apples, then chicken.
- Drizzle remaining blueberry vinaigrette over top.
- Sprinkle with almond pralines.

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