

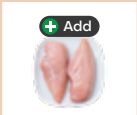


Carb Smart Brie and Apple Salad with Honey-Blueberry Dressing

Veggie

Smart Meal

20 Minutes



Chicken Breasts
2 | 4

Customized Protein **+** Add **↻** Swap or ***2** Double

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](http://www.hellofresh.ca)



Brie Cheese
125 g | 250 g



Spring Mix
113 g | 227 g



Blueberry Jam
1 | 2



Honey
1 | 2



Gala Apple
1 | 2



Mini Cucumber
1 | 2



Croutons
28 g | 56 g



Balsamic Vinegar
1 tbsp | 2 tbsp



Walnuts, chopped
28 g | 56 g

Allergens 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.

Pantry items | Pepper, salt, oil

Cooking utensils | Large bowl, large non-stick pan, whisk

1

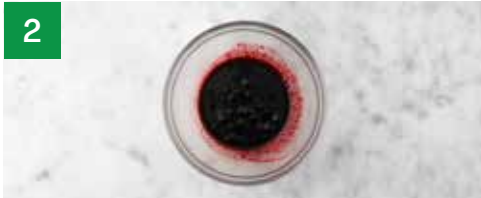


Prep

- Before starting, wash and dry all produce.

- Cut **cucumber** into ¼-inch rounds.
- Cut **brie** into ¼-inch pieces.
- Core, then cut **apple** into ¼-inch wedges.

2



Whisk dressing

+ Add | Chicken Breasts

- Add **honey**, **blueberry jam**, **vinegar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. Set aside.

3



Toast walnuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer to a plate.

4



Toss salad

- Add **cucumber**, **apples**, **spring mix** and **croutons** to the large bowl with **dressing**.
- Toss to combine.

5



Finish salad

+ Add | Chicken Breasts

- Divide **salad** between bowls.
- Top with **brie** and **walnuts**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

5 | Finish salad

+ Add | Chicken Breasts

Thinly slice **chicken**. Top **salad** with **chicken**.

♦ 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.