

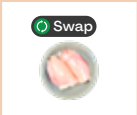


Smart Crunchy Clementine Chicken Salad

with Creamy Sesame Dressing

Smart Meal

30 Minutes



Chicken Thighs
280 g | 560 g

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)



- Chicken Breasts • 2 | 4
- Clementine 2 | 4
- Spring Mix 56 g | 113 g
- Garlic Salt 1 tsp | 2 tsp
- Red Cabbage, shredded 56 g | 113 g
- Plant-Based Mayonnaise 4 tbsp | 8 tbsp
- Sesame Oil 1 tbsp | 2 tbsp
- Soy Sauce ½ tbsp | 1 tbsp
- Almonds, sliced 28 g | 56 g
- Seasoned Rice Vinegar 1 tbsp | 2 tbsp
- Mini Cucumber 1 | 2

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, pepper, sugar

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, silicone brush, small bowl, whisk

1



Toast almonds

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

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

2



Prep chicken

🔄 Swap | **Chicken Thighs**

- Whisk **soy**, **sesame oil** and **rice vinegar** together in a large bowl.
- Measure out **1 tsp** (2 tsp) of the **soy mixture**. Pour into a small bowl. Set aside.
- Pat **chicken** dry with paper towels, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

3



Cook chicken

- Add **½ tbsp oil** to the same pan (used in step 1), then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side. Transfer **chicken** to a parchment-lined baking sheet.
- Brush **chicken** with the **reserved soy mixture**.
- Roast **chicken** in the **middle** of the oven until cooked through, 8-10 min.**

4



Prep

- Meanwhile, peel **clementine** and separate into segments.
- Cut **cucumber** into ¼-inch half-moons.
- Massage **cabbage** in the bag, until slightly softened, 30 sec.

5



Assemble salad

- Add **mayo** to **remaining soy mixture** and whisk to combine. Season with **¼ tsp** (¼ tsp) **garlic salt** and **pepper**, to taste.
- Add **spring mix**, **cabbage**, **cucumbers** and **clementine**. Toss to combine.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between bowls.
- Top with **chicken**.
- Sprinkle **almonds** over top.

Measurements
within steps

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

2 | Prep chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

♦ 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.