



Pan-Seared Chicken and Orange Salad with Strawberry Vinaigrette

30 Minutes

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)

↻ Swap	×2 Double
Chicken Thighs ⁺ 280 g 560 g	Chicken Breasts ⁺ 4 8



Chicken Breasts ⁺ 2 4	Strawberry Jam 1 2
Orange 1 2	Spring Mix 113 g 227 g
Shallot 1 2	Red Wine Vinegar 1 tbsp 2 tbsp
Sunflower Seeds 28 g 56 g	Feta Cheese, crumbled ¼ cup ½ cup
Ciabatta Roll 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.

Pantry items | Salt, pepper, oil

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, paper towels, whisk

1



Toast croutons

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

- Cut **ciabatta** into ½-inch pieces.
- Add **1 tbsp** (2 tbsp) **oil** and **ciabatta** to an unlined baking sheet. Season with **salt** and **pepper** and toss to coat.
- Toast in the top of the oven until lightly golden, 5-6 min. (**TIP**: Keep an eye on your ciabatta so it doesn't burn!)

4



Make dressing

- Peel, then thinly slice **shallot**.
- Whisk together **strawberry jam**, **shallots**, **vinegar** and **1 tbsp** (2 tbsp) **oil** in the bowl with **orange juice**.
- Season with **salt** and **pepper**.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

✖2 Double | **Chicken Breast**

- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until **chicken** is golden-brown, 1-2 min per side.
- Transfer to another unlined baking sheet. Bake in the middle of the oven until **chicken** is cooked through, 10-12 min. ******
- Carefully wipe the pan clean.

5



Toast seeds

- Reheat the pan (from step 2) over medium.
- When hot, add **sunflower seeds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **seeds** to a plate. Set aside.

3



Prep orange

- Meanwhile, cut a piece off the top and bottom ends of **orange**. Place a flat end on a cutting board, cut the peel away from the flesh from top to bottom, turning **orange** as you go.
- When peeled completely, slip a paring knife along **each** side of the white lines (membranes) of the **orange** to release the segments.
- Squeeze **juice** from the **remaining orange pieces** into a large bowl.

6



Finish and serve

- Add **spring mix**, **orange segments**, **croutons** and **half the feta** to the bowl with **dressing**. Toss to combine.
- Slice **chicken**.
- Divide **salad** between plates. Top with **sliced chicken**.
- Sprinkle **seeds** and **remaining feta** over top.

Measurements
within steps

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

2 | Cook 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**.

2 | Cook chicken

✖2 Double | **Chicken Breast**

If you've opted for double **chicken**, cook it in the same way the recipe instructs you to cook the regular portion of **chicken**. Work in batches, if necessary.

♦ 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.