



Carb Smart Sesame-Crusted Chicken Salad

with Avocado and Creamy Sesame Dressing

Carb Smart 25 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](https://www.hellofresh.ca)



↻ Swap 	↻ Swap
Chicken Thighs 280 g 560 g	Tofu 1 2
Chicken Breasts 2 4	Sesame Seeds 1 tbsp 2 tbsp
Garlic Salt ½ tsp 1 tsp	Tomato 1 2
Avocado 1 2	Tahini Sauce 2 tbsp 4 tbsp
Mayonnaise 2 tbsp 4 tbsp	Seasoned Rice Vinegar ½ tbsp 1 tbsp
Baby Spinach 113 g 227 g	Crispy Shallots 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 | Oil, Pepper, Sugar, Salt

Cooking utensils | Large non-stick pan, tongs, baking sheet, large bowl, paper towels, shallow bowl, measuring spoons, whisk

1



Start chicken

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

Swap | Chicken Thighs

Swap | Tofu

- Add **sesame seeds** to a shallow bowl. Set aside.
- Pat **chicken** dry with paper towels. Season **chicken** with $\frac{1}{2}$ tsp (1 tsp) **garlic salt** and **pepper**.

2



Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using $\frac{1}{2}$ 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.**

3



Prep

- Meanwhile, cut **tomato** into $\frac{1}{2}$ -inch pieces.
- Peel, pit, then cut **avocado** into $\frac{1}{2}$ -inch pieces.

4



Make dressing

- Add **tahini sauce**, **mayo**, **2 tbsp** (4 tbsp) **water**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ 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.

5



Finish and serve

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

Measurements
within steps

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

1 | Start chicken

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 6-8 min.

1 | Start tofu

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**.

2 | Cook tofu

Swap | Tofu

Cook **tofu** 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.