



Carb Smart Apricot Chicken

with Soft-Boiled Eggs

Smart Meal

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



Chicken Thighs
280g | 560g

Swap



Tofu
1 | 2



Chicken Breasts
2 | 4



Mini Cucumber
1 | 2



Egg
2 | 4



Sunflower Seeds
28 g | 56 g



Spring Mix
113 g | 227 g



White Wine Vinegar
1 tbsp | 2 tbsp



Apricot Spread
2 tbsp | 4 tbsp

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, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, paper towels, small bowl, whisk, measuring spoons, measuring cups, small pot

1



Cook chicken

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

Swap | Chicken Thighs

Swap | Tofu

- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.)
- Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**

4



Toss salad

- When **chicken** is almost done, add **spring mix**, **cucumbers** and **half the dressing** to a large bowl.
- Season with **salt** and **pepper** then toss to coat.

2



Cook eggs

- Add **3 cups** (6 cups) **warm water** to a small pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-high.
- Using a spoon, lower **eggs** into the boiling water. Cook for 7 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse **eggs** under cold water for 30 sec, until cool enough to peel.
- Peel, then halve **eggs**. Season with **salt** and **pepper**.

5



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates, then top with **chicken**, **eggs** and **sunflower seeds**.
- Spoon **remaining dressing** over **chicken**.

3



Prep

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Add **apricot spread**, **2 tbsp** (4 tbsp) **oil**, **½ tbsp** (1 tbsp) **warm water** and **vinegar** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.

Measurements
within steps

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

1 | 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**.

1 | Cook 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 with **salt** and **pepper**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook it in the same way the recipe instructs you to cook the **chicken**, until golden-brown. No need to roast **tofu** in the oven.

* 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.