



Grilled Ranch Chicken Salad

with Grilled Corn and Charred Croutons

Grill

Spicy

35 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* **280 g | 560 g**
- Swap** Tofu **1 | 2**
- Chicken Breasts* **2 | 4**
- Montreal Steak Spice **½ tbsp | 1 tbsp**
- White Wine Vinegar **1 tbsp | 2 tbsp**
- Tomato **1 | 2**
- Corn on the Cob **1 | 2**
- Baby Spinach **113 g | 227 g**
- Ciabatta Roll **1 | 2**
- Spicy Mayo **2 tbsp | 4 tbsp**
- Feta Cheese, crumbled **¼ cup | ½ cup**

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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 | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring spoons, paper towels, whisk

1



Prep

- Before starting, wash and dry all produce.
- Lightly oil the grill. Preheat the grill over medium-high heat (approx. 425°F).

[Swap](#) | [Tofu](#)

- Add **vinegar**, **half the feta**, **¼ tsp** (½ tsp) **sugar** and **2 tbsp** (3 tbsp) **oil** to a large bowl. Season with **pepper**, then whisk to combine.
- Halve **ciabatta**.
- Cut **tomato** into ½-inch pieces.
- Husk **corn**.

4



Grill chicken

[Swap](#) | [Chicken Thighs](#)

[Swap](#) | [Tofu](#)

- When **ciabatta** is done and **corn** is still on the grill, pat **chicken** dry with paper towels.
- Transfer **chicken** to a plate. Season with **salt** and **half the Montreal Steak Spice** (use all for 4 ppl). Drizzle **½ tbsp** (1 tbsp) **oil** over top, then flip to coat.
- When **corn** is done, add **chicken** to the grill. Close lid and grill, flipping once, until **chicken** is cooked through, 2-3 min per side.**
- Transfer **chicken** to the same baking sheet with **corn** and **ciabatta**.

2



Prep ciabatta and corn

- Add **ciabatta** and **corn** to a baking sheet.
- Drizzle **1 tbsp** (2 tbsp) **oil** evenly over both sides of **ciabatta** and **½ tbsp** (1 tbsp) **oil** over **corn**. Season **ciabatta** and **corn** with **salt** and **pepper**.

3



Grill ciabatta and corn

- Add **ciabatta** to one side of the grill, then add **corn** to other side. Close lid.
- Grill **ciabatta**, flipping halfway, until toasted and lightly charred, 2-4 min. (**TIP:** Keep an eye on ciabatta so they don't burn!)
- Grill **corn**, turning **corn** occasionally, until grill-marked and tender, 8-10 min.
- When done, return **ciabatta** and **corn** to the same baking sheet.

5



Finish and dress salad

- When **corn** is cool **enough** to handle, place **corn** on its side. Carefully cut **kernels** off **corn**, turning **corn** as you go.
- Tear or cut **ciabatta** into ½-inch pieces.
- Add **spinach**, **tomatoes** and **corn** to the bowl with **vinaigrette**, then toss to combine.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates.
- Top with **chicken** and **croutons**, then sprinkle **remaining feta** over top.
- Dollop **spicy mayo** over **chicken**.

Measurements
within steps

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

1 | Prep

[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 **half the Montreal Spice Blend** (use all for 4 ppl). Drizzle **½ tbsp** (1 tbsp) **oil** over top, then flip to coat.

4 | Grill 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**.

4 | Grill tofu

[Swap](#) | [Tofu](#)

When **corn** is done, add **tofu** to the grill. Close lid and grill, flipping once, until grilled marked, 4-5 min per side.

* 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.