



Smart Blueberry-Dressed Chicken Salad with Almond Pralines

Smart Meal

20 Minutes

SEIZE THE FRESHEST OF SUMMER!

Swap



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](https://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Spring Mix
113 g | 227 g



Gala Apple
1 | 2



Balsamic Vinegar
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Blueberry Jam
2 | 4



Garlic Salt
1 tsp | 2 tsp



Almonds, sliced
28 g | 56 g

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.

vida
PADERNO



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 5, 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 \$645.99 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.

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Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, paper towels, small bowl, whisk

1



Make almond pralines

- Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium-low heat.
- When hot, add **almonds**, **1 tbsp** (2 tbsp) **sugar** and **½ tbsp** (1 tbsp) **water** to the dry pan.
- Toast, stirring often, until **almonds** are golden-brown and coated in caramel glaze, 3-4 min.
- Carefully arrange **almond pralines** on a plate in a single layer. (**NOTE:** Be careful — caramel will be hot! Do not touch pralines until cool.)
- Sprinkle a **pinch of salt** over top.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

- Meanwhile, pat **chicken** dry with paper towels. Season with **garlic salt** and **pepper**.
- When **almond pralines** are done, reheat the same pan over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.**

3



Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- Add **vinegar**, **blueberry jam**, **mustard**, **1 tsp** (2 tsp) **water** and **2 tbsp** (4 tbsp) **oil** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- When **chicken** is done, add **spring mix** to a large bowl.
- Drizzle **half the blueberry vinaigrette** over top, then toss to coat.

4



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **apples**, then **chicken**.
- Drizzle **remaining blueberry vinaigrette** over top.
- Sprinkle with **almond pralines**.

♦ 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.

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**, season them in the same way the recipe instructs you to season the **chicken breasts**. Decrease pan-frying time to 3-5 min per side.**