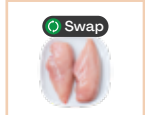




Speedy Chicken and Apple Salad

with Croutons and Cranberries

15 Minutes












Chicken Breasts⁺
2 | 4

Customized Protein **+** Add **↻** Swap **or** **x2** 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 Breast Tenders⁺
310 g | 620 g
-  Croutons
28 g | 56 g
-  Spring Mix
113 g | 227 g
-  Granny Smith Apple
1 | 2
-  Chives
7 g | 14 g
-  Dried Cranberries
28 g | 56 g
-  Ranch Dressing
2 tbsp | 4 tbsp
-  White Wine Vinegar
1 tbsp | 2 tbsp
-  BBQ Seasoning
1 tbsp | 2 tbsp

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 Visa by PINEWOOD 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 | Pepper, salt, sugar, oil

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

1



Prep and dress apples

- Before starting, wash and dry all produce.

- Add **vinegar**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Core, then cut **apple** into bite-sized pieces.
- Add **apples** to the bowl with **dressing**, then toss to coat. (**TIP**: Tossing chopped apples in dressing prevents them from turning brown!)

2



Season chicken

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels, then season with **pepper** and **BBQ Seasoning**.

3



Cook chicken

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **oil** and **chicken**.
- Sear until golden-brown and cooked through, 3-4 min per side.** (**TIP**: If chicken is browning too quickly, reduce heat to medium-low.)

4



Finish salad

- Add **spring mix**, **cranberries** and **croutons** to the large bowl with **apples** and **dressing**.
- Just before serving, toss to combine.

5



Finish and serve

- Divide **salad** between plates.
- Top with **chicken**, then drizzle **ranch dressing** over top.
- Using kitchen shears, snip **chives** over top.

Measurements
within steps

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

2 | Season chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

♦ 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.