



Maple-Mustard Grilled Chicken Salad with DIY Croutons

Grill 30 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](http://hellofresh.ca)



↻ Swap	↻ Swap
Turkey Breast Portions 340 g 680 g	Chicken Breasts 2 4

Chicken Breast Tenders 310 g 620 g	Ciabatta Roll 1 2

Red Onion 1 2	Mini Cucumber 1 2

Baby Spinach 113 g 227 g	Salad Topping Mix 28 g 56 g

Maple Syrup 2 tbsp 4 tbsp	Whole Grain Mustard 2 tbsp 4 tbsp

Zesty Garlic Blend 1 tbsp 2 tbsp	White Wine Vinegar 1 tbsp 2 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Prep and make sauce

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill over medium-high heat (approx. 500°F).

- Thinly slice **cucumber** into rounds.
- Peel, then cut **onion** into ½-inch rounds (keeping rings together).
- Cut **ciabatta** into ½-inch-thick slices.
- Transfer **onions** and **ciabatta slices** to a plate. Brush with **1 tbsp (2 tbsp) oil**. Season with **salt** and **pepper**.
- Add **half the maple syrup** and **half the mustard** to a shallow dish. Stir to combine. (NOTE: This is your maple-mustard sauce.)

4



Grill onions and ciabatta

- Meanwhile, add **onions** to the other side of the grill. Close lid and grill, flipping once, until tender, 5-7 min per side.
- Meanwhile, add **ciabatta slices** to the grill. Close lid and grill until **ciabatta** is crisp and grill marks form, 2-3 min per side.
- Transfer **onions** and **grilled ciabatta** to a plate to cool.

2



Marinate cucumbers

Swap | Turkey Breast Portions

Swap | Chicken Breasts

- Add **vinegar**, **remaining maple syrup**, **remaining mustard** and **1 tbsp (2 tbsp) oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers**, then toss to coat. Set aside.
- Pat **chicken** dry with paper towels. Season with **Zesty Garlic Blend**, **salt** and **pepper**. Drizzle **½ tbsp (1 tbsp) oil** over top.

3



Grill chicken

Swap | Chicken Breasts

- Add **chicken** to one side of the grill. (TIP: Arrange **chicken** across to grates to prevent it from falling through!) Close lid and grill, flipping once, until cooked through, 4-5 min per side.**
- When **chicken** is cooked through, brush one side with **sauce**, then flip. Grill for 30 sec, then repeat on the other side.
- Transfer **chicken** to the shallow dish with **any remaining sauce**, then toss to coat.

5



Assemble salad

- Cut **cooled ciabatta** into ½-inch pieces.
- Add **spinach** and **half the ciabatta croutons** to the large bowl with **cucumbers**. Season with **salt** and **pepper**, then toss to combine.
- Separate **onion rings**. If desired, cut **onions** into bite-sized pieces.

6



Finish and serve

Swap | Chicken Breasts

- Divide **salad** between plates.
- Top with **remaining croutons**, **onions**, **chicken** and **any remaining sauce** from the bowl.
- Sprinkle with **salad topping mix**.

2 | Marinate cucumbers

Swap | Turkey Breast Portions

If you've opted to get **turkey breast portions**, 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****.

2 | Marinate cucumbers

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, carefully slice into the centre of each **chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season it in the same way the recipe instructs you to season the **chicken breast tenders**.

3 | Grill chicken

Swap | Chicken Breasts

Increase grill time to 5-7 min per side.

6 | Finish and serve

Swap | Chicken Breasts

Thinly slice **chicken**.

* 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.