



# Speedy Chicken and Apple Salad with Croutons and Cranberries

15 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://www.hellofresh.ca)

<b>↻</b> Swap	<b>×2</b> Double
Chicken Breast <sup>+</sup> 2   4	Chicken Breast Tenders <sup>+</sup> 620 g   1240 g



Chicken Breast Tenders <sup>+</sup> 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	

**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 | 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!)

4



## Finish salad

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

2



## Season chicken

🔄 Swap | **Chicken Breast**

- 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

\*2 Double | **Chicken Breast Tenders**

- 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.)

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 Breast**

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**.

## 3 | Cook chicken

\*2 Double | **Chicken Breast Tenders**

If you've opted for **double chicken breast tenders**, cook them in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

\* 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.