

HELLO Smart Blueberry-Dressed Chicken Salad

with Almond Pralines

Smart Meal

20 Minutes





Customized Protein Add





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 降

Chicken Thighs • 280g | 560g









2 4

113 g | 227 g





1 | 2





Whole Grain Mustard



Blueberry Jam

1 tbsp | 2 tbsp

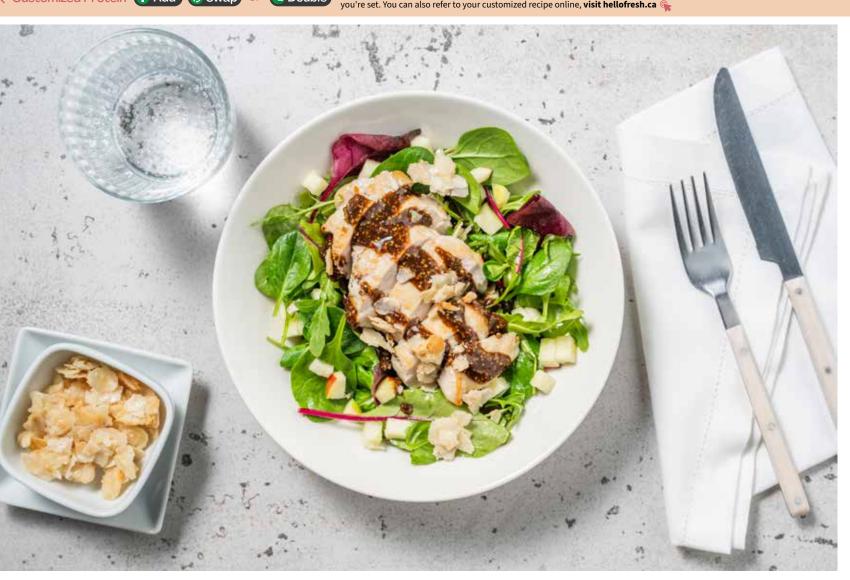




Garlic Salt 1 tsp | 2 tsp



Almonds, sliced 28 g | 56 g



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



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.



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.



Cook chicken

🗘 Swap | Chicken Thighs

😢 Double | Chicken Breasts

- 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.**



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.

Measurements within steps

1 tbsp (2 tbsp)

p) oil

2 | Cook 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**.

2 | Cook chicken

😢 Double | Chicken Breasts

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and 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.