

Carb Smart Dill Pickle Chicken Salad

with Croutons and Dill Pickle Cream

Smart Meal







Thighs • 560 g | 1120 g

Breasts 4

Chicken Thighs • 280 g | 560 g

Garlic, cloves 1 2





Baby Spinach 113 g | 227 g





90 ml | 180 ml



Cream Cheese



Mayonnaise 2 tbsp | 4 tbsp



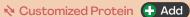
Croutons 28 g | 56 g



Mustard 1 tbsp | 2 tbsp



25 Minutes









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 🦫



Allengens 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 | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, strainer, whisk



Prep chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Garlic Guide for Step 4:
 - Mild: 1/4 tsp (1/2 tsp) Medium: 1/2 tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

O Swap | Chicken Breasts

🚫 Swap | Tofu 🕽

2 Double | Chicken Thighs

- Heat a large non-stick pan over medium-high heat.
- Pat chicken dry with paper towels.
- Season with salt, pepper and BBQ **Seasoning**, then flip to coat.



Cook chicken

O Swap | Tofu

- When the pan is hot, add 1 tbsp oil, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer chicken to a parchment-lined baking sheet.
- Roast in the top of the oven until cooked through, 8-10 min.**



Finish prep

- Meanwhile, peel, then mince or grate garlic.
- Cut tomato into 1/2-inch pieces.
- Drain pickles, reserving brine. Finely chop 2 tbsp (4 tbsp) pickles, then thinly slice remaining pickles.



1 | Prep tofu

Measurements

1 | Prep chicken

O 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 and cook it in the same way the recipe instructs you to

season and cook the chicken thighs.

within steps

1 tbsp

2 person

4 person

oil

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut tofu in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the chicken.

1 | Prep chicken

2 Double | Chicken Thighs

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.

2 | Cook tofu

O Swap | Tofu

Pan-fry **tofu** until golden-brown, 1-2 min per side. Transfer tofu to a parchment-lined baking sheet. Roast in the top of the oven until golden and tender, 6-8 min.

6 | Finish and serve

🗘 Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the chicken.



Make dill pickle cream

- Add half the cream cheese (use all for 4) ppl), chopped pickles, half the mayo and 1/2 tsp (1 tsp) garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, then stir to combine.



Make vinaigrette and salad

- Add mustard, remaining mayo, 1 tbsp (2 tbsp) pickle brine, ½ tbsp (1 tbsp) oil and ¼ tsp (½ tsp) sugar to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When chicken is done, add tomatoes, spinach and sliced pickles to the large bowl with vinaigrette. Toss to combine.



Finish and serve

O Swap | Tofu

- Thinly slice chicken.
- Divide salad between plates. Top with chicken and croutons.
- Dollop dill pickle cream over 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.