

HELLO Smart Blueberry-Dressed Chicken Salad

with Almond Pralines

Smart Meal

20 Minutes





Customized Protein Add







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











2 | 4

113 g | 227 g





1 | 2

Balsamic Vinegar 1 tbsp | 2 tbsp





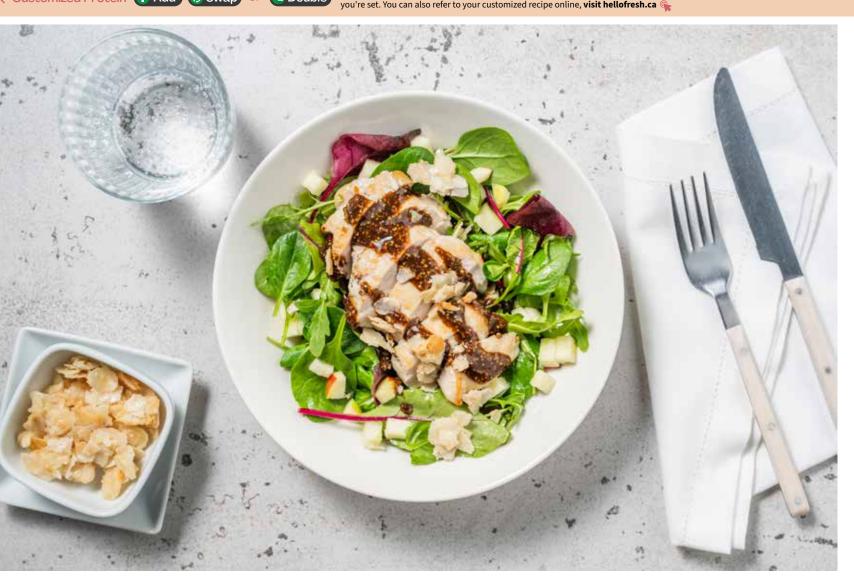
Whole Grain Mustard 1 tbsp | 2 tbsp

Blueberry Jam



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

🗘 Swap | Tofu

- 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

O Swap | Tofu

- · 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

oil

2 | Cook chicken

O 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 tofu

O Swap | Tofu

If you've opted to get **tofu**, pat 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 breasts. Cook on one side until golden, 3-4 min. Flip, then cover and continue cooking until golden, 3-4 min.

4 | Finish and serve

O Swap | Tofu

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

- * 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.