



Smart Blueberry-Dressed Chicken Salad with Almond Pralines



Smart Meal 20 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
	
Chicken Thighs* 280 g 560 g	Tofu 1 2

	
Chicken Breasts* 2 4	Spring Mix 113 g 227 g

	
Gala Apple 1 2	Balsamic Vinegar 1 tbsp 2 tbsp

	
Whole Grain Mustard 1 tbsp 2 tbsp	Blueberry Jam 2 4

	
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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Sugar, oil, salt, pepper

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

1



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.

4



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**.

2



Cook chicken

Swap | Chicken Thighs

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.**

3



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) oil
2 person 4 person Ingredient

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 tofu

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

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.