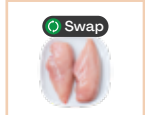




SuperQuick Zesty Chicken and Clementine Salad with Whole Grain Mustard Vinaigrette

15 Minutes



Chicken Breasts 2 | 4

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



- Chicken Breast Tenders* 310 g | 620 g
- Spring Mix 113 g | 227 g
- Clementine 2 | 4
- Salad Topping Mix 28 g | 56 g
- Feta Cheese, crumbled 1/4 cup | 1/2 cup
- White Wine Vinegar 1 tbsp | 2 tbsp
- Whole Grain Mustard 1 tbsp | 2 tbsp
- Zesty Garlic Blend 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, oil, salt, sugar

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

1



Cook chicken

- Before starting, wash and dry all produce.

[Swap](#) | [Chicken Breasts](#)

- Pat **chicken** dry with paper towels, then season with **salt**, **pepper** and **Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken** tenders.
- Sear until golden-brown and cooked through, 3-4 min per side.**
- Remove from heat, then transfer **chicken** to a cutting board.

4



Finish and serve

- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **salad topping mix** and **feta** over top.

2



Prep and make dressing

- Meanwhile, peel **clementines**, then separate into segments.
- Add **vinegar**, **mustard**, $\frac{1}{2}$ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

3



Toss salad

- Add **clementines** and **spring mix** to the large bowl with **dressing**. Toss to combine.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook chicken

[Swap](#) | [Chicken Breasts](#)

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**. When the **chicken** is done cooking, transfer to a plate.

* 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.