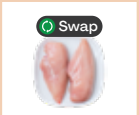




# SuperQuick Zesty Chicken and Clementine Salad

## with Whole Grain Mustard Vinaigrette

15 Minutes



Chicken Breasts 2 | 4

Customized Protein

+ Add

Swap

or

x2 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://www.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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**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**.
- Sear for 3-4 min per side, until golden and cooked through.\*\*
- 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.
- To a large bowl, add **vinegar, mustard, ½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then whisk to combine.

3




## Toss salad

- To the large bowl with **dressing**, add **clementines** and **spring mix**. Toss to combine.

**Measurements** **1 tbsp** (2 tbsp) **oil**  
within steps 2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 1 | Cook chicken

 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook in the same way the recipe instructs you to prepare and cook **chicken breast tenders**.

\* 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.