



Carb Smart Brie-Apple Salad with Honey-Blueberry Dressing

Veggie

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](https://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4



Brie Cheese
125 g | 250 g



Spring Mix
113 g | 227 g



Blueberry Jam
1 | 2



Honey
1 | 2



Gala Apple
1 | 2



Croutons
28 g | 56 g



Balsamic Vinegar
1 tbsp | 2 tbsp



Walnuts, chopped
28 g | 56 g



Radish
3 | 6

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 | Pepper, salt, oil

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

1



Prep

- Before starting, wash and dry all produce.

- Slice **radishes** into ¼-inch rounds.
- Cut **brie** into ¼-inch pieces.
- Core, then cut **apple** into ¼-inch wedges.

2



Make dressing

- To a large bowl, add **honey**, **blueberry jam**, **vinegar** and **1 ½ tbsp** (3 tbsp) **oil**.
- Season with **salt** and **pepper**, then whisk to combine. Set aside.

3



Toast walnuts

+ Add | Chicken Breasts

- Heat a large non-stick pan over medium-high.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer to a plate.

4



Toss salad

- Add **radishes**, **apples**, **spring mix** and **croutons** to the large bowl with **dressing**.
- Toss to combine.

5



Finish salad

+ Add | Chicken Breasts

- Divide **salad** between bowls.
- Top with **brie** and **toasted walnuts**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
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.

3 | Cook chicken and toast walnuts

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (NOTE: Don't crowd the pan; cook chicken in 2 batches if needed.) Pan-fry on one side for 6-7 min, until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.** Transfer to a plate and cover to keep warm. Carefully wipe put pan. Use the same pan to toast **walnuts**.

5 | Finish salad

+ Add | Chicken Breasts

Thinly slice **chicken**. Top with **chicken**, **brie** and **toasted walnuts**.

♦ 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 165°F.