



Smart Blueberry-Dressed Chicken Salad

with Almond Pralines

Smart Meal

20 Minutes

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)

Swap



Chicken Thighs
280 g | 560 g

Swap



Plant-Based Protein Shreds
200 g | 400 g



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.
- When hot, add **almonds**, **1 tbsp** (2 tbsp) **sugar** and **½ tbsp** (1 tbsp) **water** to the dry pan.
- Toast for 3-4 min, stirring often, until **almonds** are golden and coated in **caramel glaze**.
- 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

- 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 | **Plant-Based Protein Shreds**

- 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 for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.**

3



Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- In a small bowl, add **vinegar**, **blueberry jam**, **mustard**, **1 tsp** (2 tsp) **water** and **2 tbsp** (4 tbsp) **oil**.
- 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-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.

2 | Cook chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook **chicken breasts**.

2 | Cook plant-based protein shreds

🔄 Swap | **Plant-Based Protein Shreds**

If you've opted to get **plant-based protein shreds**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.** Season with **garlic salt** and **pepper**. Toss to coat. Top final plates with **plant-based protein shreds**.

♦ 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, as size may vary.