

HELLO Smart Blueberry-Dressed Chicken Salad

with Almond Pralines

Smart Meal

20 Minutes





Protein Shreds 200 g | 400 g



Thighs + 280 g | 560 g

Chicken Breasts •



2 | 4







1 | 2





Whole Grain Mustard



Blueberry Jam

1 tbsp | 2 tbsp

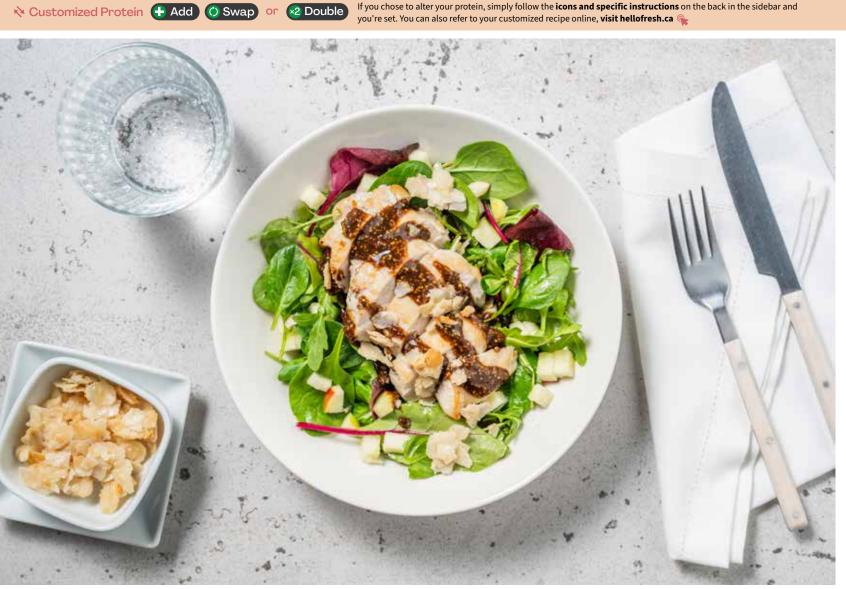




Garlic Salt 1 tsp | 2 tsp



Almonds, sliced 28 g | 56 g



Allengens 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.



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



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.



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.



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.**



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

(2 tbsp) 1 tbsp

oil 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.