



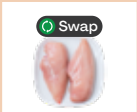
# Speedy Chicken-and-Apple Salad

## with Croutons and Cranberries

15-Minute Meal

Protein Plus

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



Chicken Breast Tenders  
310 g | 620 g



Croutons  
28 g | 56 g



Spring Mix  
113 g | 227 g



Granny Smith Apple  
1 | 2



Chives  
7 g | 14 g



Dried Cranberries  
28 g | 56 g



Ranch Dressing  
2 tbsp | 4 tbsp



White Wine Vinegar  
1 tbsp | 2 tbsp



BBQ Seasoning  
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 person | 4 person

**Pantry items** | Pepper, salt, sugar, oil

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

1



### Prep and dress apples

- Before starting, wash and dry all produce.

- To a large bowl, add **vinegar**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- Core, then cut **apple** into bite-sized pieces.
- Add **apples** to the bowl with **dressing**, then toss to coat. (**TIP**: Tossing chopped apples in dressing prevents them from turning brown!)

2



### Season chicken

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high.
- Meanwhile, pat **chicken** dry with paper towels, then season with **pepper** and **BBQ Seasoning**.

3



### Cook chicken

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **oil** and **chicken**.
- Sear for 3-4 min per side, until golden and cooked through.\*\* (TIP: If chicken is browning too quickly, reduce heat to medium-low.)

4



### Finish salad

- To the large bowl with **apples** and **dressing**, add **spring mix**, **cranberries** and **croutons**.
- Just before serving, toss to combine.

5



### Finish and serve

- Divide **salad** between plates.
- Top with **chicken**, then drizzle **ranch dressing** over top.
- Using kitchen shears, snip **chives** over top.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person 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 | Season chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prep and cook in the same way the recipe instructs you to prep 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 165°F, as size may vary.