



# Cal Smart Rainbow Chicken Salad

with Blueberry Dressing

Calorie Smart 30 Minutes



Chicken Tenders



Baby Spinach



Beefsteak Tomato



Blueberry Jam



White Wine Vinegar



Carrot



Yellow Potato



Montreal Steak Spice



Feta Cheese,  
crumbled



Clementine

HELLO MONTREAL STEAK SPICE  
*The perfect blend of spices for chicken!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Baby Spinach	113 g	227 g
Beefsteak Tomato	170 g	340 g
Blueberry Jam	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	1 tbsp
Carrot	170 g	340 g
Yellow Potato	300 g	600 g
Montreal Steak Spice	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Clementine	2	4
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

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## Roast potatoes and carrots

Peel, then cut **carrot** into ½-inch-thick rounds. Cut **potatoes** into ½-inch pieces. Add **potatoes, carrots** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\*



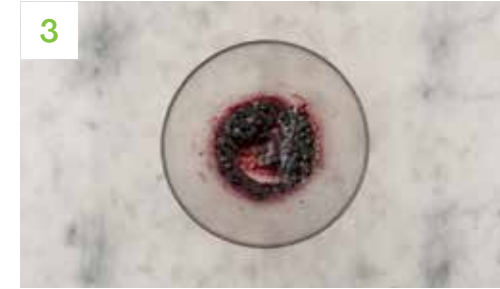
## Prep

While **veggies** roast, peel, then segment **clementines**. Cut **tomato** into ¼-inch pieces. Pat **chicken** dry with paper towels, then season with **Montreal Steak Spice**.



## Finish and serve

Allow **roasted veggies** to cool slightly, 3-4 min. When cooled, add **veggies, baby spinach, clementines** and **tomatoes** to the large bowl with **dressing**. Toss to combine. Divide **salad** between plates. Top with **chicken**, then sprinkle **feta** over top.



## Make dressing

Add **blueberry jam**, **½ tbsp vinegar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.

## Dinner Solved!