

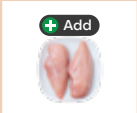


# Carb Smart Brie and Apple Salad with Honey-Blueberry Dressing

Veggie

Smart Meal

20 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)



Brie Cheese  
125 g | 250 g



Spring Mix  
113 g | 227 g



Blueberry Jam  
1 tbsp | 2 tbsp



Honey  
1 tbsp | 2 tbsp



Gala Apple  
1 | 2



Radish  
3 | 6



Crotons  
28 g | 56 g



Balsamic Vinegar  
1 tbsp | 2 tbsp



Walnuts, chopped  
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.

Pantry items | Oil, salt, pepper

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

1



## Prep

• Before starting, wash and dry all produce.

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

2



## Whisk dressing

- Add **honey, blueberry jam, vinegar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl.
- 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 heat.
- 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 and serve

+ Add | **Chicken Breasts**

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 3 | Toast walnuts and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the large non-stick pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\*

## 5 | Finish salad and serve

+ Add | **Chicken Breasts**

Thinly slice, then top final bowls with **chicken**.

♦ 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 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.