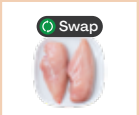




Carb Smart Dill Pickle Chicken Salad

with Croutons and Dill Pickle Cream

Smart Meal 25 Minutes



Chicken Breasts ⁺
2 | 4

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



- Chicken Thighs ⁺
280 g | 560 g
- Garlic, cloves
1 | 2
- Baby Spinach
113 g | 227 g
- Tomato
1 | 2
- Dill Pickle, sliced
90 ml | 180 ml
- BBQ Seasoning
1 tbsp | 2 tbsp
- Cream Cheese
1/2 | 1
- Mayonnaise
2 tbsp | 4 tbsp
- Croutons
28 g | 56 g
- Whole Grain Mustard
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.

Pantry items | Sugar, oil, salt, pepper

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

1



Prep chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- Pat **chicken** dry with paper towels.
- Season with **salt, pepper** and **BBQ Seasoning**, then flip to coat.

2



Cook chicken

- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until **chicken** is cooked through, 8-10 min.**

3



Finish prep

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ½-inch pieces.
- Drain **pickles**, reserving **pickle brine**. Finely chop **2 tbsp** (4 tbsp) **pickles**, then thinly slice remaining.

4



Make dill pickle cream

- Add **cream cheese, chopped pickles, half the mayo** and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.

5



Make vinaigrette and salad

- Add **mustard, remaining mayo, 1 tbsp** (2 tbsp) **pickle brine**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **chicken** is done, add **tomatoes, spinach** and **sliced pickles** to the large bowl with **vinaigrette**. Toss to combine.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Top with **chicken** and **croutons**.
- Dollop **dill pickle cream** over **chicken**.

Measurements
within steps

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

1 | Prep chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the roast time to 10-14-min.**

* 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, as size may vary.



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