

Carb Smart Dill Pickle Chicken Salad

with Croutons and Dill Pickle Cream

Smart Meal

25 Minutes





Customized Protein Add







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 🦫

Chicken Breasts •







Chicken Thighs



280 g | 560 g





Baby Spinach



113 g | 227 g



Dill Pickle, sliced 90 ml | 180 ml



1 2

BBQ Seasoning 1 tbsp | 2 tbsp



Cream Cheese 1/2 | 1



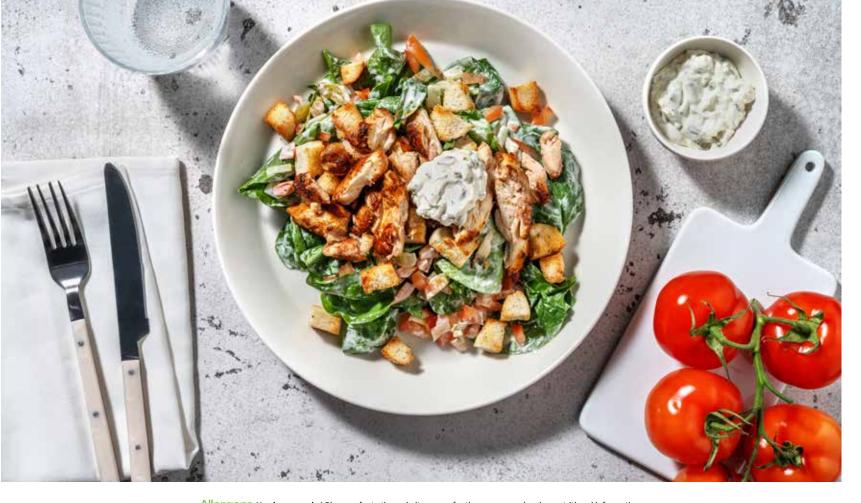
2 tbsp | 4 tbsp



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



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

🗘 Swap | Tofu 🕽

- 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.



Cook chicken

🗘 Swap | Tofu

- 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 cooked through, 8-10 min.**



Finish prep

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



1 | Prep tofu

10-14 min.**

Measurements

within steps

O Swap | Tofu

If you've opted to get tofu, heat a large non-stick pan over medium heat. Pat **tofu** dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the chicken thighs.

1 tbsp

1 | Prep chicken breasts

O Swap | Chicken Breasts If you've opted to get chicken breast, prepare and cook it in the same way the recipe instructs you to prepare and cook the **chicken thighs**, then increase roasting time to

oil

(2 tbsp)

2 | Cook tofu

O Swap | Tofu

When the pan is hot, add 1 tbsp (2 tbsp) oil, then **tofu**. Pan fry until golden, 2-3 min per side. No need to bake after pan-frying. Plate **tofu** in the same way the recipe instructs you to plate the chicken.



Make dill pickle cream

- Add half the cream cheese (use all for 4 ppl), chopped pickles, half the mayo and 1/2 tsp (1 tsp) garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, then stir to combine.



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.



Finish and serve

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

