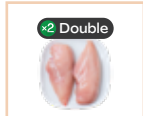




Carb Smart Chicken and Dijon Sauce with Apple Walnut Salad

Carb Smart Quick 25 Minutes



Chicken Breasts 4 | 8

Custom Recipe Add Swap or 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](https://www.hellofresh.ca)



Chicken Breasts 2 | 4



Baby Spinach 113 g | 227 g



Gala Apple 1 | 2



Walnuts, chopped 28 g | 56 g



Sour Cream 3 tbsp | 6 tbsp



Dijon Mustard 1 tbsp | 2 tbsp



Garlic, cloves 1 | 2



White Wine Vinegar 1/2 tbsp | 1 tbsp



Chicken Broth Concentrate 1 | 2



Zesty Garlic Blend 1 tbsp | 2 tbsp



All-Purpose Flour 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 | Unsalted butter, pepper, salt, oil

Cooking utensils | 2 Baking sheets, measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, paper towels

1



Toast walnuts

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add **walnuts** to an unlined baking sheet.
- Roast in the **top** of the oven until golden-brown, 4-6 min. (**TIP:** Keep your eye on walnuts so they don't burn!)

4



Make vinaigrette

- While **chicken** roasts, add **1 ½ tbsp** (3 tbsp) **oil** and **half the vinegar** (use all for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.

2



Prep

×2 Double | **Chicken Breasts**

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels, then season with **2 tsp** (4 tsp) **Zesty Garlic Blend** and **pepper**.

5



Make Dijon sauce

- Reheat the same pan (from step 3) over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Sprinkle **flour** and **remaining Zesty Garlic Blend** over top. Whisk to combine, 30 sec.
- Gradually whisk in ⅔ **cup** (1 ⅓ cups) **water** and **broth concentrate** until smooth. Bring to a simmer.
- Once simmering, cook, whisking occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat. Add **sour cream** and **Dijon**.
- Season with **salt** and **pepper**, to taste, then whisk until smooth and creamy. (**TIP:** Add a pinch of sugar, if desired.)

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer to another unlined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**

6



Finish and serve

- Add **apples** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken** and **salad** between plates.
- Spoon **Dijon sauce** over **chicken**.
- Sprinkle **toasted walnuts** over **salad**.

Measurements
within steps

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

2 | Prep chicken

×2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

** 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.



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