



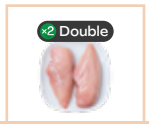
Chicken Clementine Bowls

with Goat Cheese and Walnuts

Top-Rated Special

Quick

25 Minutes



Chicken Breasts ⁺
4 | 8

↗ Custom Recipe + 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](https://www.hellofresh.ca)



- Chicken Breasts ⁺
2 | 4
- Spring Mix
56 g | 113 g
- Clementine
2 | 4
- Walnuts, chopped
28 g | 56 g
- Goat Cheese
28 g | 56 g
- Balsamic Vinegar
1 tbsp | 2 tbsp
- Red Onion
1 | 2
- Thyme
7 g | 7 g
- Zesty Garlic Blend
1 tbsp | 2 tbsp
- Blueberry Jam
1 tbsp | 2 tbsp
- Russet Potato
2 | 4

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 | 2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

1



Roast potatoes

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

- Peel, then cut **potatoes** into ¼-inch pieces.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



Prep

×2 Double | Chicken

- Peel, then quarter **onion**. Separate **petals**.
- Peel, then segment **clementine**.
- Pat **chicken** dry with paper towels. Season with **Zesty Garlic Blend**, **pepper** and **remaining thyme**.

3



Toast walnuts

- Heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted walnuts** to a small bowl and set aside.

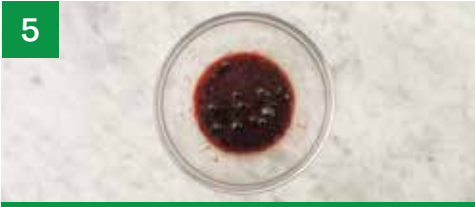
4



Cook chicken and veggies

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Arrange **onion petals** around **chicken**. Drizzle **1 tsp** (2 tsp) **oil** over **onions**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**

5



Make dressing

- Meanwhile, add **vinegar**, **blueberry jam** and **2 tbsp** (4 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

- Slice **chicken**.
- Add **spring mix**, **potatoes** and **onion petals** to the bowl with **dressing**. Toss to coat.
- Divide **salad** between plates.
- Top with **chicken**, **clementines** and **walnuts**.
- Crumble **goat cheese** over top.

Measurements
within steps

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

2 | Prep chicken

×2 Double | Chicken

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.