



Grilled Chicken Summer Salad with Strawberry Vinaigrette

Grill

30 Minutes



Chicken Tenders



Mini Cucumber



Strawberry Jam



Spring Mix



Roma Tomato



Feta Cheese,
crumbled



Red Wine Vinegar



Walnuts, chopped

HELLO WALNUTS

These nuts are delicious, nutritious and versatile!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

Bust Out

Tongs, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Mini Cucumber	132 g	264 g
Strawberry Jam	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Roma Tomato	160 g	320 g
Feta Cheese, crumbled	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

** 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.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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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 to a plate.



Prep

Thinly slice **cucumbers** into rounds. Cut **tomatoes** into ½-inch pieces.



Make dressing

Whisk together **vinegar**, **1 tbsp strawberry jam** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



Grill chicken

Pat **chicken** dry with paper towels. Season both sides with **salt** and **pepper**. Add **chicken** to grill. Close lid and grill until **chicken** is cooked through, flipping once, 3-5 min per side.** Set aside to rest, 2-3 min.



Make salad

While **chicken** is resting, add **spring mix**, **walnuts**, **cucumbers** and **tomatoes** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Thinly slice **chicken**. Divide **salad** between plates. Top with **chicken**, then sprinkle **feta** over top.

Dinner Solved!