



# Maple-Mustard Grilled Chicken Salad

with DIY Croutons

Grill 30 Minutes



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Chicken Tenders



Ciabatta Roll



Red Onion



Mini Cucumber



Baby Spinach



Salad Topping Mix



Maple Syrup



Whole Grain Mustard



Zesty Garlic Blend



White Wine Vinegar

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

Medium bowl, measuring spoons, silicone brush, large bowl, whisk, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Ciabatta Roll	1	2
Red Onion	113 g	226 g
Mini Cucumber	66 g	132 g
Baby Spinach	113 g	227 g
Salad Topping Mix	28 g	56 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
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 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.

1



### Prep and make sauce

- Thinly slice **cucumber** into rounds.
- Peel, then cut **onion** into ½-inch rounds (**NOTE:** Keeping rings together).
- Cut **ciabatta** into ½-inch-thick slices.
- Transfer **onions** and **ciabatta slices** to a plate. Brush with **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.
- Add **half the maple syrup** and **half the mustard** to a medium bowl. Stir to combine. (**NOTE:** This is your maple-mustard sauce.)

4



### Grill onions and ciabatta

- Meanwhile, add **onions** to the other side of the grill. Close lid and grill, flipping once, until tender, 5-7 min per side.
- Meanwhile, add **ciabatta slices** to the grill. Close lid and grill until **ciabatta** is crisp and grill marks form, 2-3 min per side.
- Transfer **onions** and **grilled ciabatta** to a plate to cool.

2



### Marinate cucumbers

- Add **vinegar**, **remaining maple syrup**, **remaining mustard** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers**, then toss to coat. Set aside.

5



### Assemble salad

- Cut **cooled ciabatta** into ½-inch pieces.
- Add **spinach** and **half the ciabatta croutons** to the large bowl with **cucumbers**. Season with **salt** and **pepper**, then toss to combine.
- Separate **onion rings**. If desired, cut **onions** into bite-sized pieces.

3



### Season and grill chicken

- Pat **chicken** dry with paper towels. Season with **Zesty Garlic Blend**, **salt** and **pepper**. Drizzle ½ **tbsp** (1 tbsp) **oil** over top.
- Add **chicken** to one side of the grill. (**TIP:** Arrange tenders perpendicular to grates to prevent them from falling through!) Close lid and grill, flipping once, until cooked through, 4-5 min per side.\*\*
- When **chicken** is cooked through, brush one side with **maple-mustard sauce**, then flip. Grill for 30 sec, then repeat on the other side.
- Transfer **chicken** to the same medium bowl with **any remaining maple-mustard sauce**, then toss to coat.

6



### Finish and serve

- Divide **salad** between plates.
- Top with **remaining croutons**, **onions**, **chicken** and **any remaining sauce** from the bowl.
- Sprinkle with **salad topping mix**.

## Dinner Solved!



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