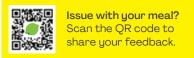


# Maple-Mustard Grilled Chicken Salad

with DIY Croutons

Grill

30 Minutes









Chicken Tenders





**Red Onion** 

Mini Cucumber





**Baby Spinach** 

Salad Topping Mix





Maple Syrup

Whole Grain Mustard





Zesty Garlic Blend

White Wine Vinegar



# 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 1 tbsp (2 tbsp) oil within steps 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.



## 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.)



#### 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.



## 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.



#### 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.



## 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.



### 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!**