



# Smart Blueberry-Dressed Chicken Salad

## with Almond Pralines

Carb Smart

Calorie Smart

Quick

25 Minutes



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Chicken Tenders

Chicken Breasts



Spring Mix



Gala Apple



Balsamic Vinegar



Whole Grain Mustard



Blueberry Jam



Garlic Salt



Almonds, sliced

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO WHOLE GRAIN MUSTARD  
Canada is among the world's top producers of mustard seeds!

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Chicken Breasts ♦	2	4
Spring Mix	113 g	227 g
Gala Apple	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Blueberry Jam	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Almonds, sliced	28 g	56 g
Sugar*	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.



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### 1 Make almond pralines

- Heat a large non-stick pan over medium-low heat.
- When hot, add **almonds**, **1 tbsp** (2 tbsp) **sugar** and **½ tbsp** (1 tbsp) **water** to the dry pan. Toast, stirring often, until **almonds** are golden-brown and coated in **caramel glaze**, 3-4 min.
- Carefully arrange **almond pralines** on a plate in a single layer. (**NOTE:** Be careful, sugar will be hot! Do not touch pralines until cool.)
- Sprinkle a **pinch of salt** over **pralines**.



### 4 Finish and serve

- Cut **chicken** into 1-inch pieces.
- Divide **greens** between plates. Top with **apples**, then **chicken**.
- Drizzle **remaining vinaigrette** over top.
- Sprinkle with **almond pralines**.

## Dinner Solved!



### 2 Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **garlic salt** and **pepper**.
- When **almond pralines** are done, heat the same pan over medium.
- When hot, add **½ tbsp oil**, then **chicken**. Cook until golden-brown and cooked through, 3-4 min per side. **\*\* (NOTE:** Don't overcrowd the pan! Cook chicken in 2 batches, using ½ tbsp oil per batch, if needed.)

If you've opted to get **chicken breasts**, season them in the same way the recipe instructs you to season the **chicken tenders**. Increase pan-frying time to 6-7 min per side. **\*\***



### 3 Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- Add **vinegar**, **blueberry jam**, **mustard**, **1 tsp** (2 tsp) **water** and **2 tbsp** (4 tbsp) **oil** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- When **chicken** is done, add **spring mix** to a large bowl.
- Drizzle **half the vinaigrette** over top, then toss to coat.