



# Smart Blueberry-Dressed Chicken Salad with Almond Pralines

Carb Smart

Calorie Smart

20-min

\*2 Double



Chicken Tenders\*  
620 g | 1240 g

↗ 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 Tenders\*  
310 g | 620 g



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  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp



Almonds, sliced  
28 g | 56 g

**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\*, sugar\*, salt\*, pepper\*

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

1



## Make almond pralines

• Before starting, wash and dry all produce.

- 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, caramel will be hot! Do not touch pralines until cool.)
- Sprinkle a **pinch of salt** over top.

2



## Cook chicken

×2 Double | Chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **garlic salt** and **pepper**.
- When **almond pralines** are done, reheat 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.)

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 blueberry vinaigrette** over top, then toss to coat.

4



## Finish and serve

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

\*\* 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.

Measurements  
within steps

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

## 2 | Cook 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.



Issue with your meal? Scan the QR code to share your feedback.