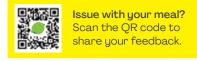


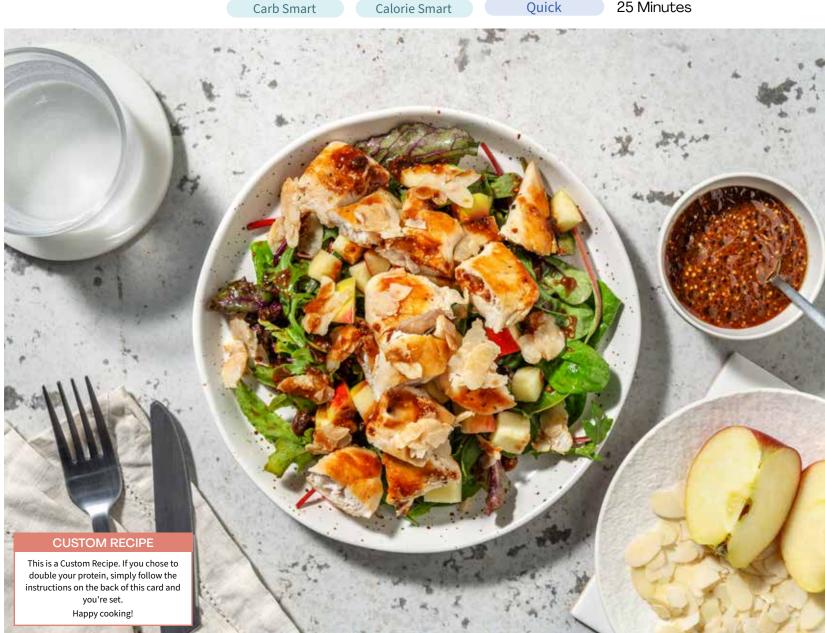
Smart Cranberry-Dressed Chicken Salad

with Almond Pralines

Quick

25 Minutes







Chicken Tenders







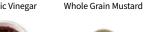
Spring Mix





Gala Apple

Balsamic Vinegar





Cranberry Spread



Garlic Salt



Almonds, sliced

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), within steps



Ingredient

Bust out

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

Inaredients

	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Double Chicken Tenders	620 g	1240 g
Spring Mix	113 g	227 g
Gala Apple	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Cranberry Spread	2 tbsp	4 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.



Make almond pralines

- Heat a large non-stick pan over medium-low heat.
- When hot, add almonds,
- 1 tbsp (2 tbsp) sugar and 1/2 tbsp (1 tbsp) water to the dry pan. Toast, stirring often, until almonds are goldenbrown 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 top.



Finish and serve

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



- 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 1/2 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 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.



Prep and make vinaigrette

- While chicken cooks, core, then cut apple into ½-inch pieces.
- Add vinegar, cranberry spread, 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 cranberry vinaigrette over top, then toss to coat.

Dinner Solved!