



# Smart Garlic Chicken Salad

## with Creamy Dressing

Calorie Smart

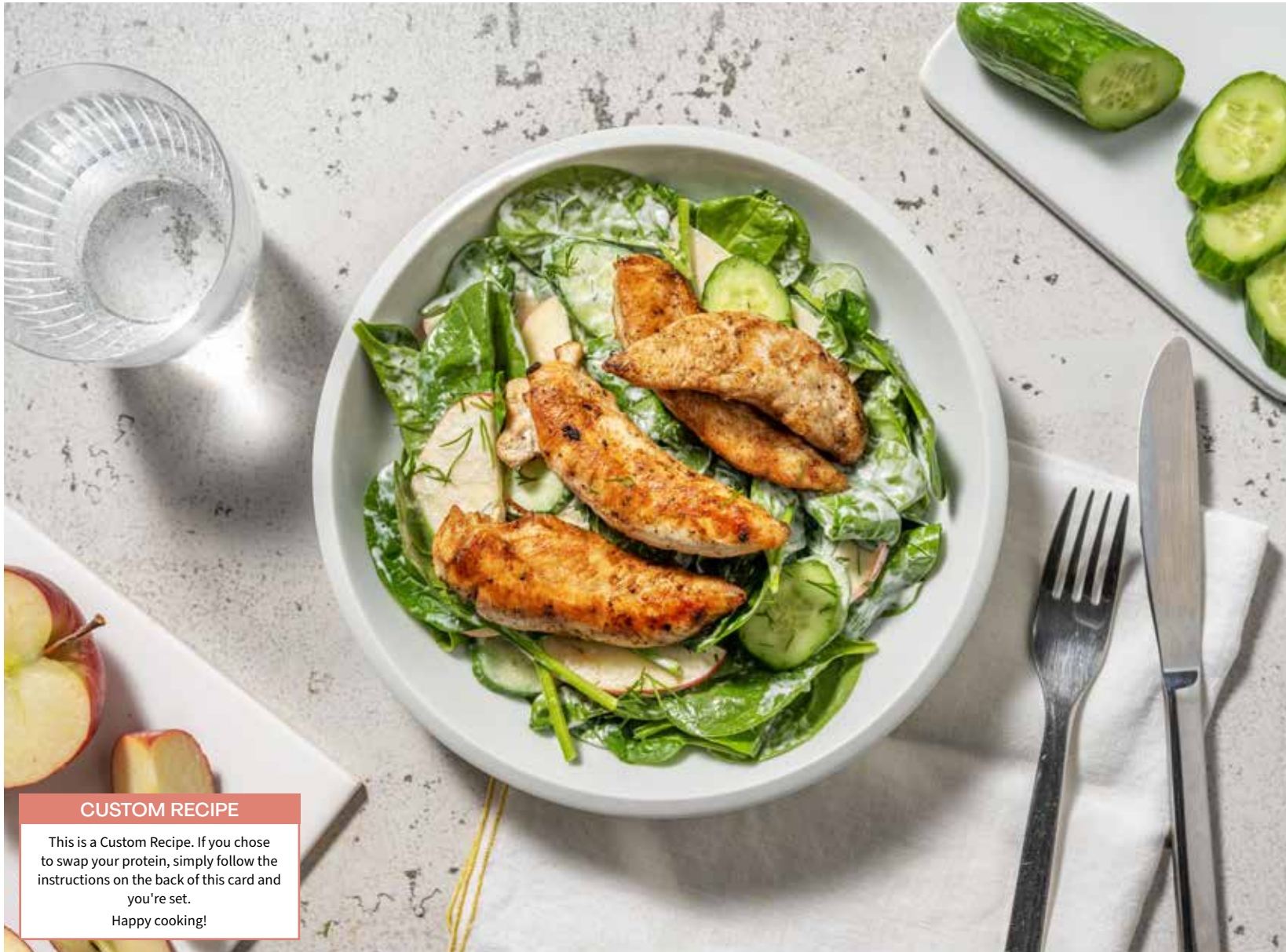
Carb Smart

Quick

25 Minutes



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- Chicken Tenders
- Chicken Breasts
- Garlic Salt
- Baby Spinach
- Mini Cucumber
- Mayonnaise
- Gala Apple
- White Wine Vinegar
- Dill

### 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 DILL

*This delicate herb comes from the same family as parsley and celery!*

## 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, large non-stick pan, paper towels

## Ingredients

|                    | 2 Person | 4 Person |
|--------------------|----------|----------|
| Chicken Tenders ♦  | 310 g    | 620 g    |
| Chicken Breasts ♦  | 2        | 4        |
| Garlic Salt        | 1 tsp    | 2 tsp    |
| Baby Spinach       | 113 g    | 227 g    |
| Mini Cucumber      | 132 g    | 264 g    |
| Mayonnaise         | 2 tbsp   | 4 tbsp   |
| Gala Apple         | 1        | 2        |
| White Wine Vinegar | 1 tbsp   | 2 tbsp   |
| Dill               | 3 ½ g    | 7 g      |
| Sugar*             | ½ tsp    | 1 tsp    |
| 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

- Cut **cucumber** into ¼-inch rounds.
- Core, then cut **apple** into ¼-inch slices.
- Finely chop **half the dill** (use all for 4 ppl).



### 2 Prep chicken

- Pat **chicken** dry with paper towels.
- Season **chicken** all over with **garlic salt** and **pepper**.

If you've opted to get **chicken breasts**, on a separate cutting board, cut them into 1-inch strips after patting dry with paper towels. Proceed with the recipe as written.



### 3 Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook until **chicken** is golden-brown and cooked through, 3-4 min per side.\*\*



### 4 Make creamy dressing

- Meanwhile, add **mayo**, **vinegar**, **dill** and **½ tsp** (1 tsp) **sugar** to a large bowl.
- Season with **salt** and **pepper**, then stir to combine.



### 5 Toss salad

- Add **cucumbers**, **apples** and **spinach** to the bowl with **dressing**, then toss to combine.



### 6 Finish and serve

- Divide **salad** between plates. Top with **garlic chicken**.

Dinner Solved!



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