

Smart Pesto Chicken Salad

with Baby Spinach and Toasted Almonds

Carb Smart

Calorie Smart

30 Minutes





Chicken Tenders





Baby Spinach



Mini Cucumber



Roma Tomato





Italian Dressing



Mediterranean Spice Blend



Almonds, sliced

HELLO TAHINI

Start here

Wash and dry all produce.

Measurements , 1 tbsp (2 tbsp), within steps

Ingredient

Bust out

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

Inaredients

9		
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Breasts •	2	4
Baby Spinach	113 g	227 g
Mini Cucumber	66 g	132 g
Roma Tomato	80 g	160 g
Basil Pesto	1/4 cup	½ cup
Italian Dressing	2 tbsp	4 tbsp
Mediterranean Spice Blend	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 g
Sugar*	1/4 tsp	½ 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.

Contact

Call us | (855) 272-7002 HelloFresh.ca





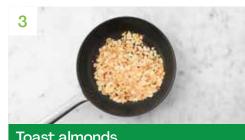
Prep

- Thinly slice cucumber.
- Cut tomato into 1/4-inch pieces.



Marinate veggies

- Add vinegar, Italian dressing, 1/4 tsp (1/2 tsp) sugar and 1/2 tbsp (1 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add cucumber and tomato to bowl and toss to coat.



Toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer to a plate.
- Carefully wipe pan clean.



Cook chicken

- Pat chicken dry with paper towels.
- Season chicken all over with Mediterranean Spice Blend, salt and pepper.
- Heat the same pan (from step 3) over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then **chicken**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.**

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook chicken tenders, then increase the cook time to 5-7 min per side.**



- · Using two forks, flake chicken into bitesized pieces. (NOTE: You can also use a knife to do this!)
- Add spinach to bowl with veggies. Toss to coat.
- Divide **salad** and **chicken** between plates. Drizzle **pesto** over top.
- Sprinkle almonds over top.

If you've opted to get **chicken breasts**, thinly slice chicken breasts. Then, plate chicken breasts in the same way the recipe instructs you to the chicken tenders.

Dinner Solved!