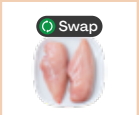




Speedy Chicken and Apple Salad

with Croutons and Cranberries

Super Quick 15 Minutes



Chicken Breasts
2 | 4

Customized Protein + 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](http://www.hellofresh.ca)



- Chicken Tenders*
340 g | 680 g
- Croutons
28 g | 56 g
- Spring Mix
113 g | 227 g
- Granny Smith Apple
1 | 2
- Chives
7 g | 14 g
- Dried Cranberries
¼ cup | ½ cup
- Ranch Dressing
2 tbsp | 4 tbsp
- White Wine Vinegar
1 tbsp | 2 tbsp
- BBQ Seasoning
1 tbsp | 2 tbsp

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, whisk, large non-stick pan, paper towels

1



Prep and dress apples

• Before starting, wash and dry all produce.

- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Core, then cut **apple** into bite-sized pieces.
- Add **apples** to the bowl with **dressing**, then toss to coat. (**TIP**: Tossing chopped apples in dressing prevents them from turning brown!)

2



Season chicken

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels, then season with **pepper** and **BBQ seasoning**.

3



Cook chicken

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **oil** and **chicken**.
- Sear until golden-brown and cooked through, 3-4 min per side. **** (TIP**: If chicken is browning too quickly, reduce heat to medium-low.)

4



Finish salad

- Add **spring mix**, **cranberries** and **croutons** to the large bowl with **apples and dressing**.
- Just before serving, toss to combine.

5



Finish and serve

- Divide **salad** between plates.
- Top with **chicken**, then drizzle **ranch dressing** over top.
- Using kitchen shears, snip **chives** over top.

Measurements
within steps

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

2 | Season chicken breasts

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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