

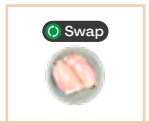


# Carb Smart California-Inspired Chicken Salad

## with Avocado-Ranch Dressing and Seed Blend



Smart Meal 20 Minutes



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 Thighs\*  
280 g | 560 g



- Chicken Breasts\*  
2 | 4
- Mini Cucumber  
1 | 2
- Radish  
3 | 6
- Baby Tomatoes  
113 g | 227 g
- Guacamole  
3 tbsp | 6 tbsp
- Ranch Dressing  
2 tbsp | 4 tbsp
- Spring Mix  
113 g | 227 g
- Feta Cheese, crumbled  
¼ cup | ½ cup
- Seed Blend  
28 g | 56 g

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](http://hellofresh.ca/freshsummer).

Ingredient quantities	56 g	113 g
	2 person	4 person

**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, salt, pepper

Cooking utensils | Large non-stick pan, measuring spoons, small bowl, small non-stick pan

1



## Prep

- Before starting, wash and dry all produce.

- Cut **cucumber** into ¼-inch rounds.
- Thinly slice **radishes**.
- Halve **tomatoes**.

2



## Cook chicken

Swap | **Chicken Thighs**

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.\*\*

3



## Make dressing

- Meanwhile, add **guacamole** and **ranch** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

4



## Toast seeds

- Heat a small non-stick pan over medium-high heat.
- When hot, add **seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.

5



## Finish and serve

- Thinly slice **chicken**.
- Divide **spring mix** between plates, then top with **tomatoes**, **cucumbers**, **radishes** and **chicken**.
- Drizzle **dressing** over **salad**.
- Sprinkle **feta** and **seed blend** over top.

Measurements  
within steps

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

## 2 | Cook chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

♦ 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.