



# Speedy Chicken-and-Apple Salad

## with Croutons and Cranberries

15 Minutes

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)

Swap



Chicken Breasts  
2 | 4

Swap



Plant-Based Protein Shreds  
200 g | 400 g



Chicken Breast Tenders  
310 g | 620 g



Croutons  
28 g | 56 g



Spring Mix  
113 g | 227 g



Granny Smith Apple  
1 | 2



Chives  
7 g | 14 g



Dried Cranberries  
28 g | 56 g



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** | Pepper, salt, sugar, oil

**Cooking utensils** | Large bowl, large non-stick pan, measuring spoons, paper towels, whisk

1



### Prep and dress apples

- Before starting, wash and dry all produce.

- Add **vinegar**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **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!)

4



### Finish salad

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

2



### Season chicken

[Swap](#) | [Chicken Breasts](#)

[Swap](#) | [Plant-Based Protein Shreds](#)

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

3



### Cook chicken

[Swap](#) | [Plant-Based Protein Shreds](#)

- 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.)

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Season chicken

[Swap](#) | [Chicken Breasts](#)

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

## 2 | Season protein shreds

[Swap](#) | [Plant-Based Protein Shreds](#)

If you've opted to get **protein shreds**, season the same way the recipe instructs you to season the **chicken**.

## 3 | Cook protein shreds

[Swap](#) | [Plant-Based Protein Shreds](#)

Cook for 6-8 min, flipping once or twice, until cooked through. **\*\* (TIP**: If protein shreds are browning too quickly, reduce heat to medium-low.) Plate **protein shreds** in the same way the recipe instructs you to plate the **chicken**.

♦ 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.