



Carb Smart Dill Pickle Chicken Salad

with Garlic Croutons and Dill Pickle Cream

Carb Smart Quick 25 Minutes



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!

- Chicken Thighs
- Chicken Breasts**
- Garlic Salt
- Baby Spinach
- Roma Tomato
- Dill Pickle, sliced
- Dill-Garlic Spice Blend
- Cream Cheese
- Mayonnaise
- Ciabatta Roll
- Dijon Mustard

HELLO DILL PICKLE
This crunchy classic packs a flavourful punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Chicken Thighs ♦ | 280 g | 560 g |
| Chicken Breasts ♦ | 2 | 4 |
| Garlic Salt | 1 tsp | 2 tsp |
| Baby Spinach | 113 g | 227 g |
| Roma Tomato | 80 g | 160 g |
| Dill Pickle, sliced | 90 ml | 180 ml |
| Dill-Garlic Spice Blend | 1 tsp | 2 tsp |
| Cream Cheese | 43 g | 86 g |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Ciabatta Roll | 1 | 2 |
| Dijon Mustard | 1 ½ tsp | 3 tsp |
| Sugar* | ¼ tsp | ½ tsp |
| Unsalted Butter* | 2 tbsp | 3 tbsp |
| 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

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Toast croutons

- Melt **2 tbsp butter** (3 tbsp for 4 ppl) in a large non-stick pan over medium heat.
- Meanwhile, cut or tear **ciabatta** into 1-inch pieces.
- Add **ciabatta** to an unlined baking sheet. Drizzle **melted butter** over **ciabatta**. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**, then toss to coat.
- Toast in the **middle** of the oven until golden-brown and crisp, 8-10 min.



Make vinaigrette and salad

- Add **Dijon**, **remaining mayo**, **remaining pickle brine**, **1 tsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt** or **any remaining garlic salt** and **pepper**, then whisk to combine.
- When **chicken** is done, add **tomatoes**, **spinach** and **sliced pickles** to the large bowl with **vinaigrette**. Toss to combine.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Sprinkle **half the Dill-Garlic Spice Blend** over **chicken**. Season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat the same pan over medium-high.
- When hot, add **2 tsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side.
- Transfer **chicken** to another unlined baking sheet.
- Roast in the **top** of the oven until **chicken** is cooked through, 10-12 min.**

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



Slice chicken

- Thinly slice **chicken**.



Prep and make dill pickle cream

- Meanwhile, cut **tomato** into ½-inch pieces.
- Drain **pickles**, reserving **pickle brine**. Finely chop **half the pickles**, then thinly slice **remaining pickles**.
- Add **cream cheese**, **chopped pickles**, **remaining Dill-Garlic Spice Blend**, **half the mayo** and **1 tsp pickle brine** (dbl for 4 ppl) to a medium bowl. Season with **pepper** and **remaining garlic salt**, to taste, then stir to combine.



Finish and serve

- Divide **salad** between plates. Top with **chicken** and **croutons**.
- Spoon **dill pickle cream** over **chicken**.

Dinner Solved!