



# Chicken and Nectarine Summer Salad

with Pepitas and Basil

Carb Smart

25 Minutes



Chicken Breasts



Lemon-Pepper Seasoning



Arugula and Spinach Mix



Nectarine



Basil



Apricot Spread



Lemon



Pepitas



Red Onion



Dijon Mustard

**HELLO APRICOT SPREAD**

*Tart, sweet and perfect for sauces and dressings!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Arugula and Spinach Mix	113 g	227 g
Nectarine	1	2
Basil	7 g	14 g
Apricot Spread	1 tbsp	2 tbsp
Lemon	1	1
Pepitas	28 g	56 g
Red Onion	28 g	56 g
Dijon Mustard	1 ½ tsp	3 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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep

Cut four sections off **nectarine**, avoiding the pit. Cut each section into ¼-inch slices. Peel, then cut a **quarter** of the **onion** into ¼-inch slices (use half the onion for 4 ppl). Roughly tear **basil**. Zest, then juice **half the lemon** (whole lemon for 4 ppl).



## Make vinaigrette

While **chicken** bakes, whisk together **lemon zest**, **Dijon**, **half the apricot spread** (use all for 4 ppl), **1 tsp water**, **2 tbsp oil** and **1 tbsp lemon juice** (dbl all for 4 ppl) in a small bowl. Season with **salt**.



## Sear chicken

Heat a large non-stick pan over medium heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **half the Lemon-Pepper Seasoning** (use all for 4 ppl). When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken** to the pan. Sear, until golden-brown, 2-3 min per side.



## Dress salad

Add **arugula and spinach mix**, **onions** and **nectarines** to a large bowl. Drizzle **half the vinaigrette** over top, then toss to combine.



## Bake chicken

Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

Slice **chicken**. Divide **salad** between plates. Place **chicken** on top. Drizzle **remaining vinaigrette** over **chicken**. Sprinkle with **pepitas** and **basil**.

## Dinner Solved!