



Chicken and Pear Waldorf Salad

with Creamy Green Onion and Yogurt Dressing

PRONTO 30 Minutes



Chicken Breasts



Red Grapes



Walnuts, chopped



Bartlett Pear



Spring Mix



Greek Yogurt



Green Onions



Ciabatta Bun



White Wine Vinegar

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO GRAPES
Juicy, sweet and versatile!

START HERE

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

Bust Out

Parchment Paper, Large Non-Stick Pan, 2 Baking Sheets, Large Bowl, Paper Towels, Whisk, Small Bowl, Measuring Spoons

Ingredients

| | 2 Person | 4 Person |
|--------------------|----------|----------|
| Chicken Breasts | 2 | 4 |
| Red Grapes | 170 g | 340 g |
| Walnuts, chopped | 28 g | 56 g |
| Bartlett Pear | 1 | 2 |
| Spring Mix | 113 g | 227 g |
| Greek Yogurt | 100 g | 200 g |
| Green Onions | 2 | 2 |
| Ciabatta Bun | 1 | 2 |
| White Wine Vinegar | 1 tbsp | 2 tbsp |
| Sugar* | ½ tsp | 1 tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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

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.

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1. ROAST GRAPES & CROUTONS

Cut **ciabatta** into 1-inch pieces. Toss **grapes** with **½ tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **bottom** of oven, until **grapes** soften, 10-12 min. Arrange **ciabatta** pieces on another parchment-lined baking sheet. Toss with **½ tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Toast in **middle** of oven, stirring halfway through cooking, until lightly golden, 7-8 min.



4. MAKE DRESSING

While **chicken** cooks, whisk together **yogurt**, **vinegar**, **green onions** and **½ tsp sugar** (dbl for 4ppl) in a small bowl. (**NOTE:** This is your dressing!) Season with **salt** and **pepper**. Add **pear**, **spring mix**, **croutons** and **2 tbsp dressing** (dbl for 4 ppl) in a large bowl. Toss together.



2. PREP & TOAST WALNUTS

While **grapes** and **croutons** cook, halve, core, then thinly slice **pear**. Thinly slice **green onions**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



5. FINISH AND SERVE

Thinly slice **chicken**. Divide **salad** between **plates**, top with **roasted grapes** and **chicken**. Drizzle over **remaining dressing** and sprinkle over **walnuts**.



3. COOK CHICKEN

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **chicken**. Cook, until bottom of **chicken** is golden-brown, 6-7 min. Flip, cover and cook until **chicken** is golden-brown and cooked through, 6-7 min.**

Dinner Solved!