



GRILLED CHICKEN WITH QUINOA BRITTLE

and Spring Salad

PRONTO



HELLO QUINOA BRITTLE

Crunchy, sweet
and the perfect salad topper!

TIME: 30 MIN



Chicken Breasts



White Quinoa



Maple Syrup



Seed Blend



Gala Apple



Balsamic Vinegar



Thyme



Honey



Baby Kale

BUST OUT

- 2 Baking Sheets
- Large Non-Stick Pan
- Large Bowl
- Paper Towels
- Medium Bowl
- Whisk
- Measuring Spoons
- Salt and Pepper
- Parchment Paper
- Olive or Canola Oil
- Sugar
(1 tbsp | 2 tbsp)

INGREDIENTS

2-person | 4-person

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|----------------------|--------|--|--------|
| • Chicken Breasts | 2 | | 4 |
| • White Quinoa | ½ cup | | ½ cup |
| • Maple Syrup | 2 tbsp | | 2 tbsp |
| • Seed Blend | 28 g | | 28 g |
| • Gala Apple | 160 g | | 320 g |
| • Balsamic Vinegar 9 | 2 tbsp | | 2 tbsp |
| • Thyme | 7 g | | 14 g |
| • Honey | 4 tsp | | 6 tsp |
| • Baby Kale | 113 g | | 227 g |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|-----------------|---------------------------|
| 0 Fish/Poisson | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **350°F** (to bake brittle and finish chicken). Start prepping when the oven comes up to temperature!



1 START BRITTLE
Wash and dry all produce.* In a large bowl, combine **maple syrup**, **1 tbsp oil**, **1 tbsp sugar**, **¼ tsp salt** and **2 tsp honey**. Whisk to combine. Add in **quinoa** and **seed blend**. Toss to coat. (**NOTE:** For 2 ppl and 4 ppl, you are making the same amount of brittle!)



4 COOK CHICKEN
Heat a large non-stick pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **chicken**. Pan-fry, until golden, 1-2 min per side. Remove the pan from heat and transfer **chicken** to another baking sheet. Roast, in **top** of oven, until cooked through, 12-15 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



2 BAKE BRITTLE
On a parchment-lined baking sheet, add **quinoa mixture** and evenly spread it out to ¼-inch thickness (or 9x6-inches in size). (**NOTE:** Mixture will spread more as it bakes!) Bake in **middle** of oven, rotating sheet halfway through cooking, until golden-brown, 15-18 min.



5 ASSEMBLE SALAD
While **chicken** roasts, core, then cut **apple** into matchsticks. In a medium bowl, whisk **remaining honey**, **1 tbsp vinegar** and **2 tbsp oil** (dbl all for 4 ppl). Season with **salt** and **pepper**. Add **kale** and toss together.



3 PREP CHICKEN
While brittle bakes, strip **1 tbsp thyme leaves** from stems. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle over **thyme**.



6 FINISH AND SERVE
When **quinoa brittle** is done, let cool for 5 min before breaking apart. Cut **chicken** into medium-sized chunks. Divide **salad** between plates, then top with **chicken** and **apples**. Crumble **brittle** and sprinkle over top. (**NOTE:** Store remaining brittle in an airtight container for snacking and for other kitchen creations!)

MAKE AGAIN!

Make the brittle again for a mid-day work snack!