



Lemony Almond Crusted Chicken

with Kale and Carrot Ribbon Salad

Carb Smart

30 Minutes



Chicken Breasts



Mayonnaise



Carrot



Kale, chopped



Lemon



Apricot Jam



Almonds, sliced

HELLO APRICOT

Apricots are a small, sweet and slightly tart stone fruit that resemble a small peach.

Start here

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

Bust Out

Baking sheet, medium bowl, vegetable peeler, microplane/zester, medium non-stick pan, silicone brush, large bowl, parchment paper, small bowl

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Carrot	170 g	340 g
Kale, chopped	113 g	227 g
Lemon	1	2
Apricot Jam	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 g
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.

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

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Toast almonds

Heat medium non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Cook, tossing the **almonds** until golden-brown and fragrant, 1-2 min. Set aside on a plate to cool.



Prep

Using a vegetable peeler, peel **carrot** lengthwise into long ribbons. Zest, then juice **lemon**. Pat **chicken** dry with paper towels, then season with $\frac{1}{4}$ **tsp salt** (dbl for 4 ppl) and **pepper**. When **almonds** are cool enough to handle, gently crush with finger tips to break into smaller pieces.



Cook chicken

Add **chicken** to a parchment-lined baking sheet. Stir together **lemon zest** and **mayo** in a small bowl. Brush **lemon mayo** all over **chicken**, then sprinkle **almonds** over the tops. (**TIP:** Gently press the almonds onto the chicken to adhere.) Bake in the **middle** of the oven until cooked through, 16-18 min. **



Make vinaigrette

Whisk together **2 tbsp lemon juice**, **1 tbsp apricot jam** and **2 tbsp oil** (dbl all for 4 ppl) in a medium bowl. Season with **salt** and **pepper**.



Prep salad

Add **kale** to a large bowl, then massage to soften leaves. Add **carrot ribbons** and **dressing**, then toss to coat.



Finish and serve

Slice **chicken** then and divide between plates. Serve **kale salad** alongside.

Dinner Solved!