



# Maple-Mustard Grilled Chicken Salad

with Grilled Croutons

Grill

Family Friendly

30 Minutes



Chicken Tenders



Ciabatta Roll



Red Onion



Mini Cucumber



Baby Spinach



Salad Topping Mix



Maple Syrup



Whole Grain Mustard



Chicken Salt



White Wine Vinegar

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

## Bust out

Medium bowl, measuring spoons, silicone brush, large bowl, whisk, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders	310 g	620 g
Ciabatta Roll	1	2
Red Onion	113 g	226 g
Mini Cucumber	66 g	132 g
Baby Spinach	113 g	227 g
Salad Topping Mix	28 g	56 g
Maple Syrup	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Chicken Salt	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
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 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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## Prep and make sauce

Thinly slice **cucumber** into rounds. Peel, then cut **onion** into ½-inch rounds (keeping rings together). Cut **ciabatta** into ½-inch-thick slices. Transfer **onions** and **ciabatta slices** to a plate. Brush with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Add **half the maple syrup** and **half the mustard** to a medium bowl. Stir to combine. (**NOTE:** This is your maple-mustard sauce.)



## Grill onions and ciabatta

Meanwhile, add **onions** to the other side of the grill. Close lid and grill, flipping once, until tender, 5-7 min per side. Meanwhile, add **ciabatta slices** to the grill. Close lid and grill until **ciabatta** is crisp and grill marks form, 2-3 min per side. Transfer **onions** and **grilled ciabatta** to a plate to cool.



## Marinate cucumbers

Add **vinegar**, **remaining maple syrup**, **remaining mustard** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **cucumbers**, then toss to coat. Set aside.



## Assemble salad

Cut **cooled ciabatta** into ½-inch pieces. Add **spinach** and **half the croutons** to the large bowl with **cucumbers**. Season with **salt** and **pepper**, then toss to combine. Separate **onion rings**. If desired, cut **onions** into bite-sized pieces.



## Season and grill chicken

Pat **chicken** dry with paper towels. Season with **chicken salt** and **pepper**. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top. Add **chicken** to one side of the grill. Close lid and grill, flipping once, until **chicken** is cooked through, 4-5 min per side. \*\* When **chicken** is cooked through, brush one side with **maple-mustard sauce**, then flip. Grill for 30 sec, then repeat on the other side. Transfer **chicken** to the same medium bowl with **any remaining maple-mustard sauce**, then toss to coat.



## Finish and serve

Divide **salad** between plates. Top with **remaining croutons**, **onions**, **chicken** and **any remaining sauce** from the bowl. Sprinkle with **salad topping mix**.

## Dinner Solved!