



# Montreal-Spiced Chicken and Mango Salad

with Candied Walnuts and Balsamic Dressing

20-min



Chicken Tenders



Arugula and Spinach Mix



Mango, chopped



Mini Cucumber



Montreal Steak Spice



Balsamic Glaze



Brown Sugar



Walnuts, chopped

HELLO ARUGULA AND SPINACH MIX

*The best of both worlds: Sweet spinach and peppery arugula!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Arugula and Spinach Mix	56 g	113 g
Mango, chopped	1	2
Mini Cucumber	132 g	264 g
Montreal Steak Spice	½ tbsp	1 tbsp
Balsamic Glaze	1 tbsp	2 tbsp
Brown Sugar	2 tbsp	4 tbsp
Walnuts, chopped	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.

♦ 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 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.*

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### Toast walnuts

Arrange a piece of parchment paper on a clean surface. Heat a large non-stick pan over medium heat. 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, then season with **salt**.



### Make salad

While **chicken** broils, cut **cucumbers** into ½-inch rounds. Peel, then cut **mango** into ½-inch slices. Whisk together **half the balsamic glaze** (all for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **arugula and spinach mix, mangoes and cucumbers**. Season with **salt** and **pepper**, then toss to combine.



### Candy walnuts

Add **brown sugar** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Season with **salt**. Stir until **sugar** melts, 1 min. Return **toasted walnuts** to the pan. Cook, stirring often, until **mixture** turns into a caramel-like, thick glaze that coats **nuts**, 1-2 min. Remove the pan from heat. Carefully transfer **hot candied walnuts** to the prepared parchment paper. Spread into an even layer. (**NOTE:** Don't touch walnuts – they will be VERY hot.) Set aside to cool.



### Finish and serve

Divide **salad** between plates. Top with **Montreal-spiced chicken**. Sprinkle **candied walnuts** over top.

## Dinner Solved!



### Broil chicken

Pat **chicken** dry with paper towels. Toss with **1 tbsp oil** (dbl for 4 ppl) and **half the Montreal Steak Spice** (use all for 4 ppl) on a foil-lined baking sheet. Broil in the **middle** of the oven, until cooked through, 8-10 min.\*\*