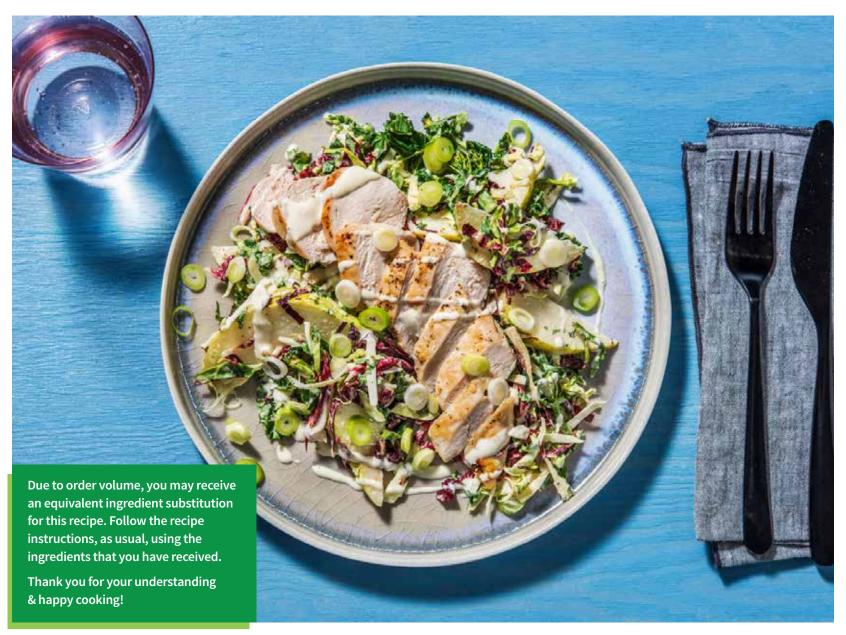


# Sesame Roasted Chicken Salad

with Pear and Creamy Wasabi Dressing

Carb Smart

30 Minutes





**Chicken Breasts** 







Kale Slaw Mix







Rice Vinegar



**Green Onions** 

## Start here

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

#### **Bust Out**

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

ingi calcines		
	2 Person	4 Person
Chicken Breasts	2	4
Bartlett Pear	1	2
Kale Slaw Mix	113 g	227 g
Mayonnaise	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Wasabi Paste 🥒	1 tsp	1 tsp
Rice Vinegar	1 tbsp	2 tbsp
Green Onions	2	4
Sugar*	½ tsp	1 tsp
Oil*		

Salt and Pepper\*

### **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



#### Cook chicken

Pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **half the sesame oil**, then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. (NOTE: Cook in batches for 4 ppl.) Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.\*\*



#### Prep

While the **chicken** cooks, core, then cut **pear** into ½-inch slices. Thinly slice the **green onions**.



## Make dressing

Whisk together the mayo, rice vinegar, ½ tsp sugar, ½ tsp wasabi paste, 1 tbsp water (dbl all for 4 ppl) and remaining sesame oil in a large bowl. Transfer 2 tbsp of the dressing (dbl for 4 ppl) into a small bowl. (NOTE: We will use it in Step 5.)



## Assemble salad

Add the **pear**, **kale slaw mix** and **half the green onions** to the large bowl with the **creamy wasabi dressing**. Toss to combine. Season with **salt** and **pepper**.



## Finish and serve

Thinly slice the **chicken**. Divide the **pear salad** between bowls. Top with **chicken**. Drizzle the **reserved dressing** over top. Sprinkle with the **remaining green onions**.

# **Dinner Solved!**

#### Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

<sup>\*</sup> Pantry items

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