



Sesame Roasted Chicken Salad

with Pear and Creamy Wasabi Dressing

Carb Smart

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Bartlett Pear



Kale Slaw Mix



Mayonnaise



Sesame Oil



Wasabi Paste



Rice Vinegar



Green Onions

HELLO WASABI

Also known as Japanese horseradish, this condiment is not just for sushi!

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

	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*

* 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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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.**



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**.



Prep

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



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!



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.)