



Smart Blueberry-Dressed Chicken Salads

with Almond Pralines

Carb Smart

Calorie Smart

Quick

25 Minutes



Chicken Breasts



Spring Mix



Gala Apple



Balsamic Vinegar



Whole Grain Mustard



Blueberry Jam



Garlic Salt



Almonds, sliced

HELLO WHOLE GRAIN MUSTARD

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

Start here

- Before starting, preheat the oven to 450°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
Spring Mix	113 g	227 g
Gala Apple	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Blueberry Jam	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Almonds, sliced	28 g	56 g
Sugar*	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.

♦ 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.

Contact

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Prep chicken

- Pat **chicken** dry with paper towels. Season with **garlic salt** and **pepper**.



Prep and make vinaigrette

- Core, then cut **apple** into ½-inch pieces.
- Add **vinegar, blueberry jam, mustard, 1 tsp water** and **2 tbsp oil** (dbl both for 4 ppl) to a small bowl. Season with **salt and pepper**, to taste, then whisk to combine.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast **chicken** in the **middle** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Toss greens

- Add **spring mix** to a large bowl.
- Drizzle **half the vinaigrette** over top, then toss to coat.



Make almond pralines

- While **chicken** roasts, heat the same pan over medium-low.
- When hot, add **almonds, 1 tbsp sugar** and **½ tbsp water** (dbl both for 4 ppl) to the dry pan. Toast, stirring often, until **almonds** are golden-brown and coated in **caramel-like glaze**, 3-4 min.
- Carefully arrange **almond pralines** on a plate in a single layer. (**NOTE:** Be careful; the sugar will be hot! Do not touch pralines until cool.)
- Sprinkle **a pinch of salt** over **pralines**.



Finish and serve

- Thinly slice **chicken**.
- Divide **greens** between plates. Top with **apples**, then **chicken**.
- Drizzle **remaining vinaigrette** over top.
- Sprinkle with **almond pralines**.

Dinner Solved!