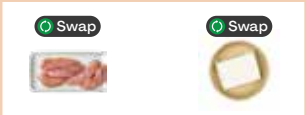




Smart Blueberry-Dressed Chicken Salad with Almond Pralines

Smart Meal 20 Minutes



Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Chicken Breast Tenders
310 g | 620 g

Tofu
1 | 2



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
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp



Almonds, sliced
28 g | 56 g

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.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

1



Make almond pralines

• Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium-low heat.
- When hot, add **almonds**, **1 tbsp** (2 tbsp) **sugar** and **½ tbsp** (1 tbsp) **water** to the dry pan.
- Toast, stirring often, until **almonds** are golden-brown and coated in **caramel glaze**, 3-4 min.
- Carefully arrange **almond pralines** on a plate in a single layer. (**NOTE:** Be careful; caramel will be hot! Do not touch pralines until cool.)
- Sprinkle a **pinch of salt** over top.

2



Cook chicken

🔄 Swap | **Chicken Breast Tenders**

🔄 Swap | **Tofu**

- Meanwhile, pat **chicken** dry with paper towels. Season with **garlic salt** and **pepper**.
- When **almond pralines** are done, reheat the same pan over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.**

3



Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- Add **vinegar**, **blueberry jam**, **mustard**, **1 tsp** (2 tsp) **water** and **2 tbsp** (4 tbsp) **oil** to a small bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.
- When **chicken** is done, add **spring mix** to a large bowl.
- Drizzle **half the blueberry vinaigrette** over top, then toss to coat.

4



Finish and serve

🔄 Swap | **Chicken Tenders**

🔄 Swap | **Tofu**

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook chicken breast tenders

🔄 Swap | **Chicken Breast Tenders**

If you've opted to get **chicken breast tenders**, prepare in the same way the recipe instructs you to prepare the **chicken breasts**, then decrease cooking time to 3-4 min per side.** Plate in the same way the recipe instructs you to plate the **chicken breasts**.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the **chicken breasts**. Pan-fry **tofu** until golden, 2-3 min per side. Plate in the same way the recipe instructs you to plate the **chicken breasts**.



Issue with your meal? Scan the QR code to share your feedback.