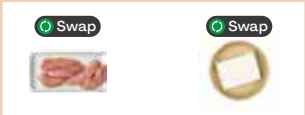




Smart Blueberry-Dressed Chicken Salad with Almond Pralines

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.