



Smart Cranberry-Dressed Chicken Salad with Almond Pralines

Carb Smart

Calorie Smart

Quick

25 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Tenders



Double Chicken Tenders



Spring Mix



Gala Apple



Balsamic Vinegar



Whole Grain Mustard



Cranberry Spread



Garlic Salt



Almonds, sliced

HELLO WHOLE GRAIN MUSTARD

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

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Double Chicken Tenders ♦	620 g	1240 g
Spring Mix	113 g	227 g
Gala Apple	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Cranberry Spread	2 tbsp	4 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.



1 Make almond pralines

- 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, sugar will be hot! Do not touch pralines until cool.)
- Sprinkle a **pinch of salt** over top.



4 Finish and serve

- Cut **chicken** into 1-inch pieces.
- Divide **salad** between plates. Top with **apples**, then **chicken**.
- Drizzle **remaining cranberry vinaigrette** over top.
- Sprinkle with **almond pralines**.

Dinner Solved!



2 Cook chicken

- 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 hot, add **½ tbsp oil**, then **chicken**. Cook until golden-brown and cooked through, 3-4 min per side. ** (**NOTE:** Don't overcrowd the pan. Cook chicken in 2 batches, using ½ tbsp oil per batch, if needed.)

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



3 Prep and make vinaigrette

- While **chicken** cooks, core, then cut **apple** into ½-inch pieces.
- Add **vinegar**, **cranberry spread**, **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 cranberry vinaigrette** over top, then toss to coat.



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