



Smart Garlic Chicken Salad

with Creamy Dressing

Carb Smart

Calorie Smart

Quick

25 Minutes



Chicken Tenders



Garlic Salt



Baby Spinach



Baby Tomatoes



Mayonnaise



Gala Apple



White Wine Vinegar



Crispy Shallots



Dill



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HELLO CRISPY SHALLOTS

This crunchy topping adds savoury flavour and extra oomph to just about anything!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Garlic Salt	1 tsp	2 tsp
Baby Spinach	113 g	227 g
Baby Tomatoes	113 g	227 g
Mayonnaise	2 tbsp	4 tbsp
Gala Apple	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Crispy Shallots	28 g	28 g
Dill	7 g	7 g
Sugar*	¼ tsp	½ tsp
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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1



Prep

- Halve **tomatoes**.
- Core, then cut **apple** into ¼-inch slices.
- Finely chop **half the dill** (all for 4 ppl).

2



Prep chicken

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

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until **chicken** is golden brown and cooked through, 3-4 min per side.**

4



Make creamy dressing

- Meanwhile, add **mayo**, **vinegar**, **dill** and **¼ tsp sugar** (dbl for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



Toss salad

- Add **tomatoes**, **apples** and **spinach** to the bowl with **dressing**, then toss to combine.

6



Finish and serve

- Divide **salad** between bowls. Top with **chicken**.
- Sprinkle **crispy shallots** over top.

Dinner Solved!