



Smart Pesto Chicken Salad

with Baby Spinach and Toasted Almonds

Carb Smart

Calorie Smart

30 Minutes



CUSTOM RECIPE

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

- Chicken Tenders
- Chicken Breasts**
- Baby Spinach
- Mini Cucumber
- Roma Tomato
- Basil Pesto
- Italian Dressing
- Mediterranean Spice Blend
- Almonds, sliced

HELLO TAHINI

A popular Middle Eastern condiment made from ground sesame!

Start here

Wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Chicken Breasts*	2	4
Baby Spinach	113 g	227 g
Mini Cucumber	66 g	132 g
Roma Tomato	80 g	160 g
Basil Pesto	¼ cup	½ cup
Italian Dressing	2 tbsp	4 tbsp
Mediterranean Spice Blend	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 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

- Thinly slice **cucumber**.
- Cut **tomato** into ¼-inch pieces.



4 Cook chicken

- Pat **chicken** dry with paper towels.
- Season **chicken** all over with **Mediterranean Spice Blend**, **salt** and **pepper**.
- Heat the same pan (from step 3) over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.**

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook **chicken tenders**, then increase the cook time to 5-7 min per side.**



2 Marinate veggies

- Add **vinegar**, **Italian dressing**, ¼ **tsp** (½ **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumber** and **tomato** to bowl and toss to coat.



5 Finish and serve

- Using two forks, flake **chicken** into bite-sized pieces. (**NOTE:** You can also use a knife to do this!)
- Add **spinach** to bowl with **veggies**. Toss to coat.
- Divide **salad** and **chicken** between plates. Drizzle **pesto** over top.
- Sprinkle **almonds** over top.

If you've opted to get **chicken breasts**, thinly slice **chicken breasts**. Then, plate **chicken breasts** in the same way the recipe instructs you to the **chicken tenders**.

Dinner Solved!



3 Toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.
- Carefully wipe pan clean.