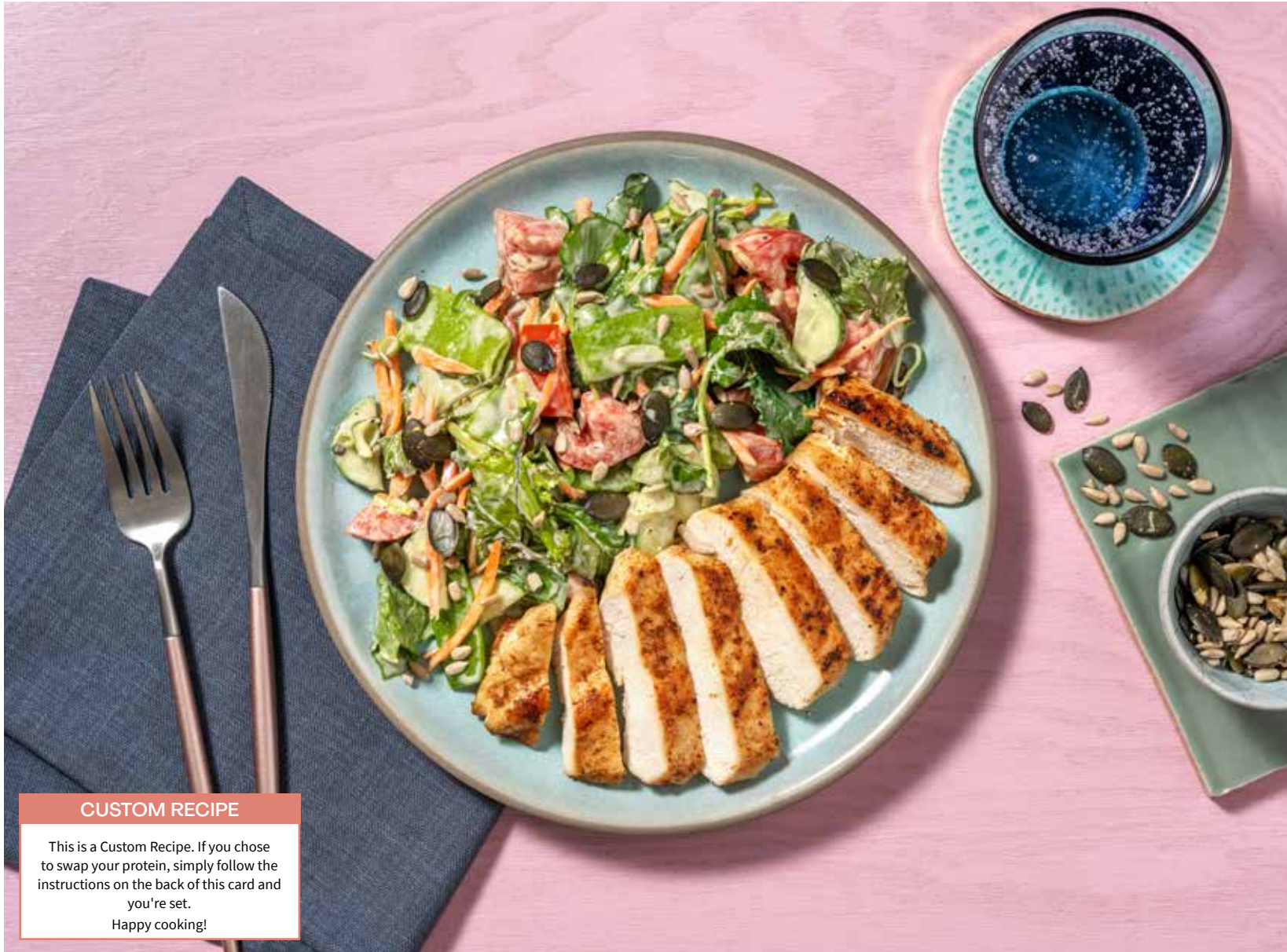




# Summery Chicken Salad

with Green Onion Dressing

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 Breasts



Chicken Thighs



Mini Cucumber



Carrot, julienned



Green Onion



Mayonnaise



White Wine Vinegar



Roma Tomato



Baby Spinach



BBQ Seasoning



Seed Blend



Snow Peas

HELLO BBQ SPICE BLEND

*This spice is the perfect blend of sweet, savoury and smoky!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, plastic wrap, rolling pin, large bowl, whisk, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Mini Cucumber	66 g	132 g
Carrot, julienned	56 g	113 g
Green Onion	2	2
Mayonnaise	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
BBQ Seasoning	1 tbsp	2 tbsp
Seed Blend	28 g	28 g
Snow Peas	56 g	56 g
Sugar*	½ tsp	1 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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### Prep veggies

- Trim, then halve **snow peas**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Cut **tomato** into ¼-inch pieces.



### Mix dressing

- Meanwhile, add **green onions, mayo, vinegar** and **½ tsp sugar** (dbl for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.



### Prep chicken

- Pat **chicken** dry with paper towels.
- Place on a separate cutting board, then cover **each chicken breast** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick.
- Add **chicken, BBQ Seasoning, ½ tsp salt** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Toss to coat. Set aside.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



### Toss salad

- Add **spinach, carrots, snow peas, tomatoes** and **cucumbers** to the bowl with **dressing**. Toss to combine.



### Cook chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 5-6 min.\*\*



### Finish and serve

- Thinly slice **chicken**
- Divide **salad** between plates. Top with **chicken**.
- Sprinkle **seed blend** over top.

## Dinner Solved!