



Sunshine Winter Chicken Salad

with Grapefruit and Kale

Calorie Smart 30 Minutes



Chicken Breasts



Grapefruit



Goat Cheese



Almonds, sliced



Baby Kale



Thyme



Zucchini



White Wine Vinegar

HELLO GRAPEFRUIT

Brighten up your vinaigrettes with fruit juices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 Baking sheets, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Grapefruit	1	1
Goat Cheese	28 g	56 g
Almonds, sliced	28 g	56 g
Baby Kale	113 g	226 g
Thyme	7 g	7 g
Zucchini	200 g	400 g
White Wine Vinegar	1 tbsp	2 tbsp
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.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast zucchini

Cut **zucchini** in half lengthwise, then into ½-inch half-moons. Toss **zucchini** with ½ **tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **top** of the oven, until tender-crisp, 6-8 min.



Segment grapefruit

Place the **grapefruit**, flat-end down, on a cutting board. Cut the peel away from the flesh from top to bottom, turning the **grapefruit** as you go. Once the peel is removed, slip a paring knife along each side of the white lines (membranes) of the **grapefruit** to release the segments. Squeeze the **juice** from the **remaining grapefruit** into a large bowl. (**NOTE:** If grapefruit is extra juicy, use 2 tbsp juice (dbl for 4 ppl) for the dressing and discard the rest.)



Cook chicken

While **zucchini** roasts, Strip ½ **tbsp thyme** (dbl for 4 ppl) from the stems and finely chop. Pat the **chicken** dry with paper towels, then season with **salt**, **pepper** and **chopped thyme**. Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to another baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.**



Make dressing

Add **vinegar**, ¼ **tsp sugar** and 1 **tbsp oil** (dbl both for 4 ppl) to the large bowl with the **grapefruit juice**. Season with **salt** and **pepper** and whisk to combine.



Toast almonds

While **chicken** bakes, carefully wipe the pan clean, then re-heat over medium. When hot, add the **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.



Finish and serve

Add the **baby kale** and **grapefruit segments** to the large bowl with the **dressing**. Toss to combine. Slice the **chicken**. Divide the **salad** between plates. Top with the **sliced chicken** and **roasted zucchini**. Sprinkle the **goat cheese** and **almonds** over top.

Dinner Solved!