



# SWEET SESAME CHICKEN SALAD

with Kale Mix, Cucumber, Scallions & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Scallions



1 | 2

Mini Cucumber



8 oz | 16 oz  
Sous Vide  
Chopped  
Chicken



1.5 oz | 3 oz  
Sesame Dressing  
Contains: Sesame,  
Soy, Wheat



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



8 oz | 16 oz  
Kale, Broccoli,  
and Brussels  
Sprouts Mix



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



✓ READY, SET,  
LUNCH!



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

TOTAL TIME: 15 MIN | CALORIES: 530

## BUST OUT

- Large bowl
- Cooking oil (2 tsp | 2 tsp)
- Large pan
- Sugar (½ tsp | 1 tsp)
- Whisk
- Kosher salt

## SPEEDY SOUS VIDE

Our sous vide chicken is cooked low and slow to perfect tenderness. A quick warm-up in a pan is all it needs.

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

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## INSTRUCTIONS

- **Wash and dry produce.**
- Trim and thinly slice **scallions**. Quarter **cucumber** lengthwise; slice crosswise into ¼-inch-thick quarter-moons.
- Place **chicken** in a large bowl; using two forks (**or your hands!**), break up into smaller pieces.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **chicken** and cook, stirring occasionally, until browned and warmed through, 2-3 minutes. Wash and dry bowl.
- In bowl used for chicken, whisk together **dressing, mayonnaise, ½ tsp sugar (1 tsp for 4 servings), and a pinch of salt**. Add **kale mix, scallions, and cucumber**; toss to combine.
- Divide **salad** between bowls and top with **chicken and almonds**. Serve.