



# SEARED CHICKEN & APPLE SPINACH SALAD

plus Honey Dijon Dressing & Lemony Toasted Panko

## INGREDIENTS

2 PERSON | 4 PERSON



**¼ Cup | ½ Cup**  
Panko  
Breadcrumbs  
Contains: Wheat



**10 oz | 20 oz**  
Chicken Cutlets



**1 TBSP | 2 TBSP**  
Fry Seasoning



**1 | 2**  
Apple



**1 | 1**  
Lemon



**1.5 oz | 3 oz**  
Honey Dijon  
Dressing  
Contains: Eggs



**2.5 oz | 5 oz**  
Spinach



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



HELLO

## HONEY DIJON DRESSING

This savory-sweet dressing gets cut with lemon juice for bright tang.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 480



## ORDER UP!

In Step 2, season the chicken with salt and pepper *before* sprinkling with Fry Seasoning. This will help the salt stick to the chicken for even more delicious results!

## BUST OUT

- Large pan
- Zester
- Small bowl
- Large bowl
- Paper towels
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## 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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### 1 TOAST PANKO

- Wash and dry produce.
- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a large, preferably nonstick, pan over medium-high heat. Add **panko**; season with **salt** and **pepper**. Cook, stirring, until golden brown, 3-5 minutes.
- Turn off heat; transfer to a small bowl. Wipe out pan.



### 2 COOK CHICKEN

- Pat **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Evenly sprinkle with **Fry Seasoning**.
- Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **(If chicken is browning too quickly, reduce heat to medium and cover until cooked through.)** Transfer to a cutting board.



### 3 PREP

- Meanwhile, zest and quarter **lemon**. Halve, core, and thinly slice **apple**.
- Add as much **lemon zest** as you like to bowl with **panko**. Stir to combine.



### 4 MAKE DRESSING

- In a large bowl, whisk together **dressing**, a **drizzle of olive oil**, and **juice from one lemon wedge (two wedges for 4 servings)**.



### 5 TOSS SALAD

- Add **apple**, **spinach**, and **half the lemony panko** to bowl with **dressing**. Toss to combine. Taste and add more **lemon juice** and season with **salt** and **pepper** if desired.



### 6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide **salad** between shallow bowls. Top with **remaining lemony panko**. Fan sliced chicken alongside salad. Serve with any **remaining lemon wedges** on the side.

\*Chicken is fully cooked when internal temperature reaches 165°.