



SEARED CHICKEN & APPLE SPINACH SALAD

plus Honey Dijon Dressing & Lemony Toasted Panko

INGREDIENTS

2 PERSON | 4 PERSON



1 TBSP | 2 TBSP
Fry Seasoning



1 | 1
Lemon



1 | 2
Apple



2½ oz | 5 oz
Spinach



1½ oz | 3 oz
Honey Dijon Dressing
Contains: Eggs



¼ Cup(s) | ½ Cup(s)
Panko Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



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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
- Small bowl
- Paper towels
- Zester
- Large bowl
- Whisk
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Butter
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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.

*Poultry is fully cooked when internal temperature reaches 165°.