



Montreal Spiced Chicken and Nectarine Salad

with Candied Walnuts and Balsamic Glaze

20-MIN



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Tenders



Arugula and Spinach Mix



Nectarine



Mini Cucumber



Montreal Spice Blend



Balsamic Glaze



Brown Sugar



Walnuts, chopped

HELLO NECTARINE

These stone fruits are in-season and ripe for the picking

START HERE ▼

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking Sheet, Measuring Spoons, Aluminum Foil, Large Bowl, Parchment Paper, Whisk, Large Non-Stick Pan, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Arugula and Spinach Mix	56 g	113 g
Nectarine	1	2
Mini Cucumber	132 g	264 g
Montreal Spice Blend	1 tbsp	2 tbsp
Balsamic Glaze	1 tbsp	2 tbsp
Brown Sugar	2 tbsp	4 tbsp
Walnuts, chopped	28 g	56 g
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.

1. TOAST WALNUTS

Arrange a piece of parchment paper on a clean surface. Heat a large non-stick pan over medium heat. Add the **walnuts** 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.

2. CANDY WALNUTS

Add **brown sugar** and **1 tbsp water** (dbl for 4 ppl) to same pan. Season with **salt**. Stir together until **sugar** melts, 1 min. Return **toasted walnuts** to pan. Cook, stirring often, until **mixture** turns into a caramel-like, thick glaze that coats the **nuts**, 1-2 min. Remove pan from heat. Carefully transfer **hot candied walnuts** to the prepared parchment paper. Spread into an even layer. (**NOTE:** Don't touch walnuts — they will be VERY hot.) Set aside to cool.

3. BROIL CHICKEN

Pat the **chicken** dry with paper towels. Toss with **1 tbsp oil** (dbl for 4 ppl) on a foil-lined baking sheet, then season all over with the **Montreal Spice Blend**. Broil in the **middle** of the oven, until cooked through, 8-10 min.**



4. MAKE SALAD

While **chicken** broils, cut the **cucumbers** into ½-inch rounds. Cut four sections off the **nectarine**, avoiding the pit. Cut each section into ½-inch slices. Whisk together **1 tbsp balsamic glaze** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add the **arugula-spinach mix**, **nectarines** and **cucumbers**. Toss to combine and season with **salt** and **pepper**.



5. FINISH AND SERVE

Divide the **salad** between plates. Top with the **Montreal Spiced chicken**. Sprinkle the **candied nuts** over top.

Dinner Solved!

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hello@hellofresh.ca

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