



Smoky Spiced Chicken

with Apple, Kale and Almond Salad

Carb Smart

25 Minutes



Chicken Breasts



Granny Smith Apple



Kale, chopped



Dijon Mustard



Almonds, sliced



Smoked Paprika-Garlic Blend



White Wine Vinegar



Carrot

HELLO GRANNY SMITH

Sweet, tart, crisp combine for a tasty salad topper!

Start here

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

Bust Out

Baking sheet, vegetable peeler, measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Granny Smith Apple	1	2
Kale, chopped	113 g	227 g
Dijon Mustard	1 ½ tsp	3 tsp
Almonds, sliced	28 g	56 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Carrot	170 g	340 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

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Prep

Peel, then cut **carrots** in half lengthwise, then into ½-inch thick half-moons. Core, then cut **apple** into matchsticks. Whisk together **vinegar, Dijon** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **kale** and **apples**. Season with **salt** and **pepper**, then toss to combine. Set aside.



Cook carrots

Heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **carrots** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **carrots** are tender and **liquid** is absorbed, 6-8 min. Season with **salt** and **pepper**.



Cook chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **Smoked Paprika-Garlic Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 1-2 min per side. Remove pan from heat, then transfer **chicken** to a baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.**



Finish and serve

Add **almonds** to the large bowl with **salad** and toss to combine. Thinly slice **chicken**. Divide **chicken, carrots** and **salad** between plates.

Dinner Solved!



Toast almonds

While the **chicken** bakes, heat the same pan over medium heat. 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.