



JULY  
2016

## Sonoma Chicken Salad

with Pecans, Grapes, and Garlic Croutons

The key to a great chicken salad is balance. Our Sonoma chicken salad uses grapes for sweetness, pecans and celery for crunch, and a creamy chive dressing to bring it all together. The best part? Hands down, it's those homemade croutons. Think miniature garlic bread. Oh yes.



Prep  
30 min



level 1



dairy  
free



Chicken Breasts



Mayonnaise



Honey



Red Wine  
Vinegar



Pecans



Grapes



Celery



Chives



Mixed Greens



Garlic



Demi Baguette

## Ingredients

	2 People	4 People
Chicken Breasts	2	4
Mayonnaise	1) 2)	2 jars
Honey	1 tsp	2 tsp
Red Wine Vinegar	3)	½ bottle
Pecans	4)	1 pkg
Red Grapes	1 pkg	2 pkg
Celery stalk, sliced	1 pkg	2 pkg
Chives	1 pkg	2 pkg
Spring Mix	1 pkg	2 pkg
Garlic	2 cloves	4 cloves
Demi-Baguette	5)	1
Olive or Canola Oil*		2

\*Not Included

## Allergens

- 1) Eggs/Oeuf
- 2) Soy/Soja
- 3) Sulphites/Sulfites
- 4) Tree Nuts/Noix
- 5) Wheat/Blé

## Tools

Baking Sheet, Large Pan, Large Bowl, Medium Bowl, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 692 cal | Carbs: 50 g | Fat: 33 g | Protein: 46 g | Fiber: 5 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep:** Preheat oven to 400°F. **Wash and dry all produce.** Finely chop the **chives**. Cut the **baguette** into ¾-inch cubes. Mince the **garlic**. Coarsely chop the **pecans**. Halve the **grapes**.

**2 Make the garlic croutons:** Toss the baguette cubes on a parchment-lined baking sheet with a drizzle of **oil, garlic**, and a pinch of **salt and pepper**. Bake in the oven to toast for 5-6 minutes, stirring, until golden brown and crispy. Transfer the **croutons** from the baking sheet in the oven to a medium bowl.



**3 Cook the chicken:** Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** with salt and pepper. Add the chicken to the pan and cook 3-4 minutes per side, until golden brown. Place the **chicken** on the same baking sheet. Bake chicken for 6-8 minutes, until cooked through (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Set chicken aside to cool slightly, then cut into ½-inch cubes.



**4 Make the dressing:** In a large bowl, combine **red wine vinegar** and **honey** (**DO:** Measure for both) with **chives, mayonnaise** and a drizzle of **oil**.

**5 Toss the diced chicken** into the dressing along with the **grapes, celery, mixed greens** and **pecans**. Season with **salt and pepper**.



**6 Finish and serve:** Plate the salad, then top with **croutons** and enjoy!

**BBQ TIP:** Instead of pan-frying, grill chicken on medium heat, with lid closed, 6 to 8 min per side, until cooked to temperature above.

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