



More than Food

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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.

35 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	2)	2 T	4 T
Honey		1 t	2 t
Red Wine Vinegar		1 T	2 T
Pecans	1)	1 oz	2 oz
Grapes		4 oz	8 oz
Celery		1 stalk	2 stalks
Chives		1 bunch	2 bunches
Mixed Greens		4 oz	8 oz
Garlic		2 cloves	4 cloves
Demi Baguette	3) 4)	1	2
Olive Oil*		2 T	4 T

*Not Included

Allergens

- 1) Tree Nuts
- 2) Eggs
- 3) Wheat
- 4) Soy

Tools

Baking Sheet, Large Pan, Large Bowl

Ruler

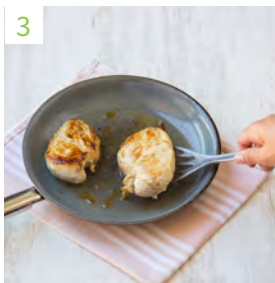
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Nutrition per person Calories: 692 cal | Carbs: 50 g | Fat: 33 g | Protein: 46 g | Fiber: 5 g



1 Preheat oven to 400 degrees. Thinly slice the **chives** and **celery**. Halve the **grapes**. Cut the **baguette** into $\frac{3}{4}$ -inch cubes. Roughly chop the **pecans**. Mince the **garlic**.

2 Make the **garlic croutons**: toss the baguette cubes on a baking sheet with **1 tablespoon olive oil, garlic, salt, and pepper**. Place in the oven to toast for 8-10 minutes, until golden brown and crispy.



3 Meanwhile, heat $\frac{1}{2}$ **tablespoon olive oil** in a large pan over medium-high heat. Season the **chicken** on all sides with salt and pepper. Add the chicken to the pan and cook 3-4 minutes per side, until golden brown. Remove the **croutons** from the baking sheet in the oven and replace with the **chicken**. Bake chicken for 6-8 minutes, until cooked through and juices run clear when pierced with a knife. Let cool slightly, then dice into $\frac{1}{2}$ -inch cubes.



4 Make the **dressing**: in a large bowl, combine the **chives, 1 tablespoon red wine vinegar, 2 tablespoons mayonnaise, 1 teaspoon honey, and $\frac{1}{2}$ tablespoon olive oil**. Season with **salt and pepper**.

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

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

