



CURRIED CHICKEN SALAD

with Golden Raisins, Spinach, Apple & Almonds

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 1
Lemon



1 | 2
Apple



10 oz | 20 oz
Chicken Cutlets**



1 oz | 2 oz
Golden Raisins



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Curry Powder



2 tsp | 4 tsp
Dijon Mustard



5 oz | 10 oz
Spinach



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

CURRY POWDER

This fragrant blend of 10 spices—including turmeric, fenugreek, and cumin—adds rich aroma and flavor to everyday chicken salad.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 780



IN HOT WATER

Boiling the chicken in step 2 ensures that it cooks through and becomes tender so that it's easier to shred.

BUST OUT

- Medium pot
- Small bowl
- Strainer
- Medium bowl
- Whisk
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (**3 TBSP** | **6 TBSP**)
- Sugar (**1 tsp** | **2 tsp**)

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1 PREP

- Fill a medium pot halfway with **water** and bring to a boil (**use a large pot for 4 servings**). **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Quarter **lemon**. Halve, core, and dice **apple** into ½-inch pieces. **TIP: Squeeze a little lemon juice over apple to prevent it from turning brown.**



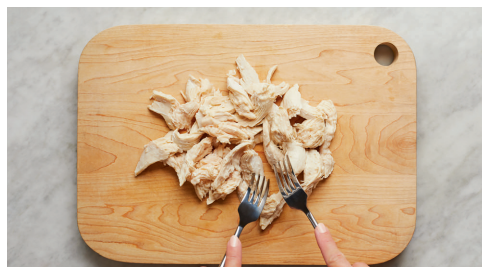
2 COOK CHICKEN

- Once water is boiling, add **chicken*** to pot. Boil until cooked through, 7-10 minutes. **TIP: Slice chicken in half after removing from water. If it's still pink inside, boil another few minutes until cooked through.**
- Transfer to a cutting board.



3 SOAK

- While chicken cooks, place **raisins** in a small microwave-safe bowl; add enough **water to cover**. Microwave for 30 seconds, then drain. Remove raisins from bowl.
- In same bowl, combine **scallion whites** and **juice from half the lemon (whole lemon for 4 servings)**. Set aside, stirring occasionally.



4 MAKE CHICKEN SALAD

- Once **chicken** is cool enough to handle, using two forks, shred chicken into bite-size pieces.
- In a medium bowl (**use large bowl for 4 servings**), combine **mayonnaise**, **sour cream**, and **half the curry powder (all for 4)**. Add shredded chicken, **raisins**, and **scallion greens**; stir to coat. Stir in **scallion whites**, reserving **lemon juice** in bowl. Season with **salt** and **pepper**.



5 MAKE DRESSING

- To bowl with **lemon juice**, add **mustard**, **3 TBSP olive oil**, and **1 tsp sugar (6 TBSP olive oil and 2 tsp sugar for 4 servings)**; whisk to combine. Season with **salt** and **pepper**.



6 FINISH & SERVE

- In a large bowl, toss **spinach** with **dressing** until coated. Season with a **pinch of salt**. Add **apple** and toss to combine.
- Divide **spinach salad** between bowls. Top with **chicken salad** and sprinkle with **almonds**. Serve with any **remaining lemon wedges** on the side.

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