



Cal Smart Buffalo Chicken Salad

with Dill-Garlic Sour Cream

Calorie Smart

Spicy

Quick

25 Minutes



Chicken Tenders



Hot Sauce



Cornstarch



Garlic Salt



Sour Cream



Dill-Garlic Spice Blend



Baby Spinach



Carrot



Roma Tomato



Feta Cheese,
crumbled



Red Wine Vinegar



Crispy Shallots

HELLO HOT SAUCE

This low calorie condiment is the perfect way to kick your meal up a notch!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: 1 tbsp
- Medium: 2 tbsp
- Spicy: 3 tbsp
- Extra-spicy: 4 tbsp

Bust out

Medium bowl, vegetable peeler, measuring spoons, box grater, large bowl, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Hot Sauce 🌶️	4 tbsp	8 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Baby Spinach	113 g	227 g
Carrot	170 g	340 g
Roma Tomato	160 g	320 g
Feta Cheese, crumbled	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Sugar*	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

Peel, then grate **carrot**. Cut **tomato** into ½-inch pieces. Add **cornstarch** and **garlic salt** to a medium bowl. Season with **pepper**, then stir to combine.



Make dill-garlic sour cream

While **chicken** cooks, add **Dill-Garlic Spice Blend**, **sour cream** and **½ tsp sugar** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Prep chicken

Pat **chicken** dry with paper towels, then cut in half crosswise. Add **chicken** to **cornstarch-garlic mixture**, then toss to coat.



Make salad

Combine **vinegar**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **carrots**, **tomatoes**, **baby spinach** and **feta**. Season with **salt** and **pepper**, then toss to combine.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, turning occasionally, until golden-brown and cooked through, 5-6 min.** Remove the pan from heat. Add **1 tbsp butter** and **2 tbsp hot sauce** (dbl both for 4 ppl) then stir to coat. (**NOTE:** Reference heat guide.)



Finish and serve

Divide **salad** between plates. Top with **chicken** and any **remaining sauce** in the pan. Dollop **dill-garlic sour cream** over top. Sprinkle with **crispy shallots**.

Dinner Solved!