



Chicken Clementine Salad

with Goat Cheese and Walnuts

Quick 25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!



Chicken Breasts



Chicken Thighs



Spring Mix



Clementine



Walnuts, chopped



Goat Cheese



Balsamic Vinegar



Red Onion



Thyme



Chicken Salt



Blueberry Jam

HELLO GOAT CHEESE

A savoury, tangy, creamy cheese that pairs perfectly with sweet clementines!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	4	8
Spring Mix	113 g	227 g
Clementine	2	4
Walnuts, chopped	28 g	56 g
Goat Cheese	28 g	56 g
Balsamic Vinegar	1 tbsp	2 tbsp
Red Onion	113 g	226 g
Thyme	7 g	7 g
Chicken Salt	1 tbsp	2 tbsp
Blueberry Jam	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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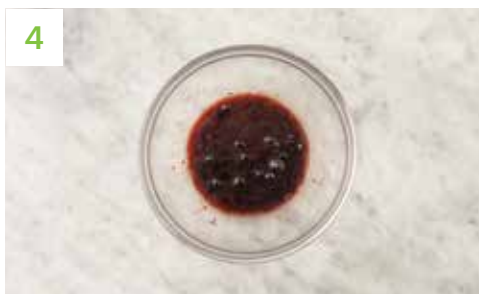


Prep

Peel, then quarter **onion**. Separate **onion petals**. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Peel, then segment **clementine**. Pat **chicken** dry with paper towels. Season with **chicken salt, pepper** and **thyme**.

 **CUSTOM RECIPE**

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Make dressing

While **chicken** and **onions** bake, add **vinegar, blueberry jam** and **2 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



Toast walnuts

Heat a large non-stick pan over medium heat. When hot, add **walnuts** 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 **walnuts** to a small bowl and set aside.



Finish and serve

Slice **chicken**. Add **spring mix** and **onion petals** to the bowl with **dressing**. Toss to coat. Divide **salad** between plates. Top with **chicken, clementines** and **walnuts**. Crumble **goat cheese** over top.

Dinner Solved!



Cook chicken and onions

Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Arrange **onion petals** around **chicken**. Drizzle **1 tsp oil** (dbl for 4 ppl) over **onions**. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min. **