



# Lemony Almond Crusted Chicken

## with Kale and Carrot Ribbon Salad

Carb Smart

30 Minutes



Chicken Breasts



Mayonnaise



Carrot



Kale, chopped



Lemon



Apricot Jam



Almonds, sliced

HELLO APRICOT JAM

*Tart, sweet and perfect for sauces and dressings!*

## Start here

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

## Bust Out

Baking sheet, medium bowl, vegetable peeler, microplane/zester, medium non-stick pan, silicone brush, large bowl, parchment paper, small bowl

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Mayonnaise	2 tbsp	4 tbsp
Carrot	170 g	340 g
Kale, chopped	113 g	227 g
Lemon	1	2
Apricot Jam	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 g
Oil*		

Salt and Pepper\*

\* Pantry items

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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### Toast almonds

Heat medium non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Cook, tossing the **almonds** until golden and fragrant, 1-3 min. (**TIP:** Keep your eye on them so they don't burn!) Set aside on a plate to cool.



### Make vinaigrette

Whisk together **2 tbsp lemon juice**, **1 tbsp apricot jam** and **2 tbsp oil** (dbl all for 4 ppl) in a medium bowl. Season with **salt** and **pepper**.



### Prep

Using a vegetable peeler, peel **carrot** lengthwise into long ribbons. Zest, then juice **lemon**. Pat **chicken** dry with paper towels, then season with **¼ tsp of salt** (dbl for 4 ppl) and **pepper**. When **almonds** are cool enough to handle, gently crush with finger tips to break into smaller pieces or use the back of a spoon.



### Prep salad

Add **kale** to a large bowl, then massage to soften leaves. Add **carrot ribbons** and **dressing**, then toss to coat.



### Cook chicken

Add **chicken** to a parchment-lined baking sheet. Stir together **lemon zest** and **mayo** in a small bowl. Brush **lemon mayo** all over **chicken**, then sprinkle **almonds** over the tops. (**TIP:** Gently press the almonds onto the chicken to adhere.) Bake in the **middle** of the oven until cooked through, 16-18 min. \*\*



### Finish and serve

Slice **chicken**, then divide between plates. Serve **kale salad** alongside.

## Dinner Solved!