



NUTRITION *per serving* 30g carbohydrates 22g fat 61g protein 198mg sodium | low-calorie, gluten-free, soy-free, shellfish-free



Calories
625



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Romaine Heart
- 1 Red Delicious Apple
- 2 Boneless Skinless Chicken Breasts
- ¾ oz. Pecan Halves
- 1 fl. oz. Seasoned Rice Vinegar
- 2 tsp. Chopped Ginger
- 1.4 fl. oz. Breakfast Syrup
- 1 ½ oz. Shredded Red Cabbage
- ½ oz. Dried Cranberries
- 1 oz. Goat Cheese Crumbles

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Non-Stick Pan
- Mixing Bowl

www.homechef.com/2632



HOME CHEF

Chicken Autumn Salad

with cranberries, toasted pecans, and maple ginger dressing

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Control **dressing** sweetness by adding 1 Tbsp. **breakfast syrup**, whisking, and adding more to taste.

FROM THE CHEF

Goat cheese softens as it reaches room temperature. Keep refrigerated until ready to use.

Did you know...

Red Delicious apples reached their peak output in the 1980s, at one point making up over 75 percent of Washington state's apple production. While varieties like Gala and Fuji have gained in popularity, more than 100 million bushels of Red Delicious are produced every year in the U.S.



1

Prepare the Ingredients

Hold **romaine head** at root end and chop coarsely. Core **apple** and cut into thin slices. Rinse **chicken**, pat dry and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



2

Cook the Chicken

Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook until browned on both sides and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side. Transfer to cutting board and rest 5 minutes. Cut chicken into ¼" slices, if desired. Wipe pan clean and reserve. While chicken is resting, toast pecans.



3

Toast the Pecans

Return pan used to cook chicken to medium heat. Add **pecans** to hot pan and swirl gently until nuts are toasted and aromatic, 2-3 minutes. Remove from pan and set aside.



4

Make the Dressing

Whisk **seasoned rice vinegar**, **ginger**, 1 Tbsp. **breakfast syrup**, and 2 Tbsp. **olive oil** together in a medium mixing bowl. Season with ¼ tsp. **salt** and a pinch of **pepper**. Taste, and add more breakfast syrup if more sweetness is desired.



5

Toss the Salad

Add chopped **romaine**, **red cabbage**, **dried cranberries**, and **goat cheese** (breaking it up with your hands if needed) over bowl with dressing, and toss gently. Taste, and season with a pinch of **salt and pepper** if desired.



6

Plate the Dish

Place **salad** in a shallow bowl and arrange toasted **pecans** and **apples** over lettuce. Top with **chicken** and a pinch of **pepper**.