



In your box

- 1 Granny Smith Apple
- 1 Celery Stalk
- 1 oz. Mayonnaise
- 2 Tbsp. Basil Pesto
- 12 oz. Boneless Skinless Chicken Breasts
- 2 tsp. Sugar
- 1 oz. Walnut Halves
- 5 oz. Baby Spinach
- 1 oz. Goat Cheese

CONTAINS milk, eggs, tree nuts (walnuts)



Green Goddess Chicken Salad

with apple and candied walnuts

NUTRITION per serving—Calories: 600, Carbohydrates: 22g, Fat: 40g, Protein: 41g, Sodium: 1160mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
5 days

Difficulty Level ● ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Mixing Bowl, Medium Non-Stick Pan, Small Non-Stick Pan

👑 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



1

Prepare Ingredients and Make Dressing

- Quarter **apple** and remove core. Cut into ¼” slices.
- Trim ends off **celery** and cut into ¼” slices at an angle.
- In a mixing bowl, combine **mayonnaise**, **pesto**, 1 Tbsp. **water**, and a pinch of **salt**. Set aside.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Transfer to plate. Rest 5 minutes, then cut into ¼” slices.
- While chicken rests, candy walnuts.



3

Candy the Walnuts

- Place a small non-stick pan over medium heat. Add **sugar** and 2 Tbsp. **water** to hot pan and stir to dissolve.
- Add **walnuts** and stir constantly until water has evaporated and walnuts are shiny and sticky, 2-3 minutes.
- Transfer to a plate or cutting board and cool 5 minutes.
- When walnuts are cool enough to handle, break into small pieces.



4

Toss the Salad

- In bowl with **dressing**, toss **chicken slices**, **spinach**, **apple**, and **celery**. Season with ¼ tsp. **salt**.
- *Alternatively, serve dressing on side to control amount.*



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **walnuts** and **goat cheese** (breaking up with your hands if needed). Bon appétit!