



Apple Chicken Walnut Salad

Ingredients

- 12oz Chopped Chicken Breast
- 1 ½ oz Walnuts
- 1 oz Dried Cranberries
- 2 oz Crumbled Goat Cheese
- 1 ea Granny Smith Apple
- 5 oz Mixed greens
- 1 ½ oz Red seedless grapes
- ¼ ea Cucumber, seedless
- 2 oz White Balsamic Vinaigrette
- 1 tbl Herb & Spice Blend

Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Paper Towels

At Home Ingredients

- 2 tbl Olive Oil
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

Prepare to Cook

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Toasting Walnuts

Preheat the oven to 400°F. When the oven is up to temperature, place **Walnuts** on a baking tray and place in the oven. Roast walnuts for 6 to 8 minutes. When time is up, remove walnuts. The smell will be aromatic. If it doesn't smell like roasted nuts yet, place walnuts back in the oven and continue to cook for an additional 4 to 5 minutes.

Step 2. Cooking Chicken

Pat the *chicken* dry with paper towels. Transfer the chicken to a medium bowl and add **Herb & Spice Blend**, along with **Salt** and **Pepper**. In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot. Add the seasoned chicken, cook without stirring for 3 to 4 minutes, or until browned. Continue to cook, stirring occasionally for an additional 2 to 3 minutes for the chicken to be cooked through. Turn off the heat.

Step 3. Prepping Salad

On your cutting board, take **Cucumber** and cut lengthwise in half. Cut each half in ¼" half-moons. Place cut cucumber into a container for later use. Next to cut is the **Apple**, by placing it on a cutting board and cutting it in half from stem to bottom. Proceed to cut each half in half again, producing quarters. Take each quarter and cut out the core by placing the blade of the knife at an angle to the flesh of the apple above the seeds in the center of each quartered apple. In a smooth motion, cut at an angle and remove the core. Cut the remaining apple in half and dice into large pieces. Repeat with the remaining ¾ of the apple. (refer to cooking video for help if needed). Place in a container for later when you are ready to toss into the salad.

Step 4. Ready to serve

Place **Mixed Greens** in a large mixing bowl. Slowly pour **White Balsamic Vinaigrette** all over lettuce. Gently toss lettuce to coat with vinaigrette. Add **Cucumber, Apple, Grapes, Cranberries** to lettuce. Season lettuce with Salt and Pepper and gently toss to mix all together.

Step 5. Plating

Divide salad equally between two plates. Divide **Chicken** equally between two plates. Garnish each plate with **Crumbled Goat Cheese** and toasted **Walnuts**.