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## Smoked Chicken & Quinoa Salad with Caramelised Walnuts

This sweet, rich salad is our favourite kind – one that doesn't feel like a salad at all. Really, it's just a greatest hits of some of our favourite ingredients: superfood quinoa, sweet apple and delicious caramelised walnuts. Is your mouth watering yet? The incredible flavour of smoked chicken is this dish's crowning glory.



**Prep:** 15 mins



**Cook:** 15 mins



**Total:** 30 mins



level 1



high protein



gluten free

### Pantry Items



Boiling Water



Olive Oil



Butter



Honey



Apple Cider Vinegar



Quinoa



Chicken Stock



Snow Peas



Red Onion



Walnuts



Smoked Chicken



Apple



Mint

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2P	4P	Ingredients
1 packet	2 packets	quinoa, rinsed well
1 cube	2 cubes	chicken stock, crumbled
2 cups	4 cups	boiling water *
1 packet	2 packets	snow peas, trimmed
1 ½ tbs	3 tbs	olive oil *
½	1	red onion, finely sliced
2 tsp	1 tbs	butter *
2 tsp	1 tbs	honey *
1 packet	2 packets	walnuts
1 portion	2 portions	smoked chicken, thinly sliced
1	2	apple, quartered & thinly sliced
½ bunch	1 bunches	mint, finely sliced
2 tsp	1 tbs	apple cider vinegar *

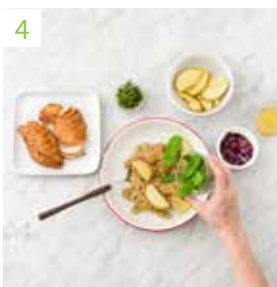
⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3020	Kj
Protein	35.6	g
Fat, total	39.1	g
-saturated	8.4	g
Carbohydrate	57.5	g
-sugars	20.7	g
Sodium	116	mg



**You will need:** *chef's knife, chopping board, sieve, medium saucepan, large bowl, medium frying pan, wooden spoon, small bowl, plate, baking paper and tongs.*

**1** Place the rinsed **quinoa** in a medium saucepan with the **chicken stock** cube and the **boiling water**. Bring to the boil and then reduce to a simmer for **12-15 minutes**, or until the quinoa is tender. Add the **snow peas** in the last **2 minutes**. Drain well. Set aside in the sieve to cool slightly. Transfer the quinoa and snow peas to a large bowl.

**2** Meanwhile, heat half of the **olive oil** in a medium frying pan. Add the **red onion** and cook, stirring, for **3 minutes**, or until soft. Transfer to a small bowl.

**3** Return the same pan to a medium-high heat and melt the **butter**. Add the **honey** and cook for **30 seconds**, or until bubbling. Add the **walnuts**, toss to coat well and cook for a further **30 seconds**, or until golden. Season with **salt**. Remove from pan and transfer to a plate lined with baking paper. Cool.

**4** Add the **smoked chicken**, cooked onion, **apple**, **mint** and caramelised walnuts to the quinoa and snow pea mixture. Drizzle with the olive oil and **apple cider vinegar** and toss to coat well.

**5** To serve, divide salad between plates and season to taste with salt and **pepper**.

**Did you know?** Quinoa isn't a grain, it's a seed that is related to beets and spinach.