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WK41  
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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 compilation of some of our favourite ingredients: superfood quinoa, sweet apple and 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



gluten free



high protein

### Pantry Items



Boiling Water



Olive Oil



Butter



Honey



Quinoa



Chicken Stock



Sugar Snap Peas



Red Onion



Walnuts



Lemon



Smoked Chicken



Apple



Mint

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

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3030	Kj
Protein	35.8	g
Fat, total	39.1	g
-saturated	8.4	g
Carbohydrate	57.9	g
-sugars	21	g
Sodium	117	mg



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

**1** Bring a full kettle of water to the boil.

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

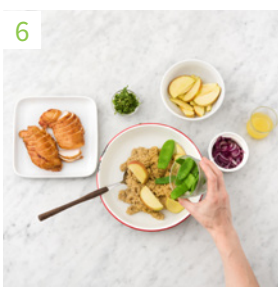
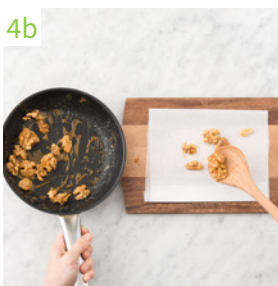
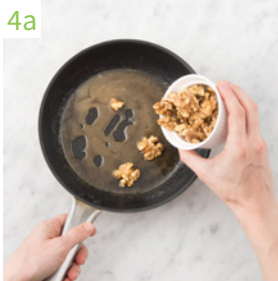
**3** Meanwhile, heat half of the **olive oil** in a medium frying pan. Add the **red onion** and cook, stirring, for **3 minutes**, or until soft. Transfer to a small bowl.

**4** 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 covered with baking paper. Cool.

**5** In a second small bowl, using a fork, whisk the **lemon juice** and remaining olive oil until well combined. Season with **salt** and **pepper**.

**6** Add the **smoked chicken**, onion, **apple**, **mint** and caramelised walnuts to the quinoa and sugar snap pea mixture. Drizzle with the lemon dressing and toss to coat well.

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



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