

Chopped Chicken & Brussels Sprout Salad

with Blue Cheese, Currants & Crispy Shallots

In this variation on the wedge salad, we're giving iceberg lettuce a run for its money. We've replaced it with shredded Brussels sprouts and crunchy escarole for an extra level of flavor, texture and seasonality. We've also added chicken drippings to the dressing for a rich, smoky taste that infuses the salad with flavor. With tangy blue cheese and sweet currants, this beautiful dish is an easy, balanced version of the original.



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 3 Ounces Brussels Sprouts
- ½ Head Escarole
- 1 Bunch Parsley

Knick Knacks

- 3 Tablespoons Dried Currants
- 3 Tablespoons Pecans
- 2 Shallots
- 1 Tablespoon Sherry Vinegar
- ½ Cup Crumbled Blue Cheese
- ¼ Cup All-Purpose Flour

Makes 2 Servings

About 575 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/311

1



Prepare the ingredients:

Wash and dry the fresh produce. Halve and thinly slice the Brussels sprouts. Chop the escarole into bite-sized pieces. Place the currants in a bowl of warm water. Roughly chop the pecans. Peel the shallots. Mince 1 shallot; place in a heat-proof bowl with the **vinegar**. Thinly slice the remaining shallot; place in a medium bowl and toss with the **flour**, separating the sliced shallot into rings. Pick the parsley leaves off the stems; discard the stems.

2



Toast the pecans:

Heat a medium, dry pan (nonstick, if you have one) on medium-high until hot. Add the **pecans** and toast, stirring frequently, 2 to 3 minutes, or until fragrant. Transfer to a bowl. Wipe out the pan.

3



Cook the chicken:

Season both sides of the **chicken breasts** with salt and pepper. In the same pan used to toast the pecans, heat 2 teaspoons of olive oil on medium until hot. Add the seasoned chicken breasts; cook 4 to 6 minutes per side, or until golden brown and cooked through. Transfer to a plate, leaving any drippings in the pan. When cool enough to handle, chop the chicken breasts into bite-sized pieces.

4



Deglaze the pan:

Add **2 tablespoons of water** to the pan of reserved drippings. Cook on medium, stirring occasionally to scrape up any browned bits from the bottom of the pan, 30 seconds to 1 minute, or until slightly reduced in volume. Transfer to the bowl of **shallot and vinegar**; stir to combine and set aside. Wipe out the pan.

5



Cook the shallots:

In the same pan, heat a thin layer of olive oil on medium-high until hot. Add the **coated shallots** (shaking off any excess flour); cook 30 seconds to 1 minute, or until lightly browned. Transfer to a paper towel-lined plate and immediately season with salt.

6



Finish & plate your dish:

Season the **shallot-vinegar-drippings mixture** with salt and pepper to taste; slowly whisk in **2 tablespoons of olive oil** until well combined. In a large bowl, combine the **chopped chicken, escarole, blue cheese, Brussels sprouts, toasted pecans, parsley and currants** (draining before adding). Season with salt and pepper. Add enough of the **dressing** to coat the greens (you may have extra dressing); toss to thoroughly coat. Divide the salad between 2 dishes. Garnish with the **crispy shallots**. Enjoy!