

# Chicken & Napa Cabbage Salad

with Cucumber, Asparagus, & Cashews

**PREP TIME:** 15 minutes

**COOK TIME:** 15-25 minutes

**SERVINGS:** 2

Tonight's recipe is our take on a restaurant favorite: the Chinese chicken salad. We're starting with a base of napa cabbage (yours may be green or red), cucumber, and carrots, marinated in sesame oil and rice vinegar. After a few minutes, the vegetables soften a bit, but maintain just enough crispness to stand up to hearty chicken—cooked in an umami-rich combination of soy sauce and sweet white miso paste. Verdant asparagus and crunchy cashews bring even more satisfying texture to the dish.



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## Ingredients



10 oz  
CHOPPED  
CHICKEN BREAST



2  
CARROTS



2  
SCALLIONS



1  
CUCUMBER



1/2 bunch  
ASPARGUS



1/2 lb  
NAPA CABBAGE



1 bunch  
CILANTRO & MINT

## KNICK KNACKS:



3 Tbsp  
ROASTED  
CASHEWS



2 Tbsp  
RICE VINEGAR



1 1-inch piece  
GINGER



2 Tbsp  
SOY SAUCE



2 Tbsp  
SWEET WHITE  
MISO PASTE



1 Tbsp  
SESAME OIL



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### 1 Prepare the ingredients:

- Fill a small pot with water; add a **big pinch of salt** and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the cabbage core; cut the leaves crosswise into 1/2-inch-wide pieces.
- Halve the cucumber lengthwise. Using a spoon, scoop out and discard the seeds, then thinly slice the cucumber on an angle.
- Peel the carrots and thinly slice into rounds.
- Peel and finely chop the ginger.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Cut off and discard the tough, woody stem ends of the asparagus; cut into 1-inch pieces, leaving the pointed tips intact.
- In a bowl, whisk together the **miso paste** and **3 tablespoons of warm water** until smooth.



### 2 Marinate the vegetables:

- In a large bowl, whisk together the **vinegar**, **half the sesame oil**, and **1 tablespoon of olive oil**; season with salt and pepper. Add the **cabbage**, **cucumber**, and **carrots**; season with salt and pepper. Toss to thoroughly combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

### 3 Brown the chicken:

- While the vegetables marinate, pat the **chicken** dry with paper towels; season with salt and pepper. In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken in a single, even layer and cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and fragrant. Turn off the heat.



### 4 Blanch & shock the asparagus:

- While the chicken cooks, fill a medium bowl with ice water; set aside. To the pot of boiling water, add the **asparagus**. Cook 1 to 2 minutes, or until bright green and slightly softened.
- Drain thoroughly and immediately transfer to the bowl of ice water. Let stand until cool. Drain thoroughly and pat dry with paper towels.

### 5 Make the sauce & finish the chicken:

- To the pan of **browned chicken**, add the **soy sauce** and **miso-water mixture**. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through.
- Turn off the heat. Stir in the **remaining sesame oil**. Season with salt and pepper to taste.



### 6 Finish & plate your dish:

- Pick the **cilantro** and **mint** leaves off the stems; discard the stems. To the bowl of **marinated vegetables**, add the **finished chicken and sauce**, **shocked asparagus**, cilantro leaves, mint leaves, and a drizzle of olive oil. Toss to combine; season with salt and pepper to taste.
- Divide the finished salad between 2 dishes. Garnish with the **green tops of the scallions** and **cashews**. Enjoy!