

Chicken Salad Sandwiches

with Parmesan-Garlic Summer Squash

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

The chicken salad sandwich, an American classic, gets exciting upgrades in this recipe from a few flavor-packed ingredients. We're tossing shredded chicken with chopped pickles, dried apricots, and almonds, for tangy-sweet contrast and a bit of crunch—balanced by the creaminess of a yogurt and Dijon mustard dressing. On the side, roasted squash (yours may be yellow summer squash, or grey or green zucchini), topped with a bit of parmesan and garlic, make for a delicious, summery complement to the sandwiches.



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Crisp & Minerally

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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



4
CIABATTA ROLLS



1/2 cup
PLAIN GREEK
YOGURT



2 cloves
GARLIC



2
SUMMER SQUASH



1 head
LITTLE GEM
LETTUCE



1 bunch
CHIVES



3 Tbsp
ROASTED
ALMONDS



2 Tbsp
DIJON MUSTARD



1 oz
PICKLE CHIPS



2 Tbsp
WHITE WINE
VINEGAR



1 oz
DRIED APRICOTS



1/4 cup
GRATED
PARMESAN
CHEESE

KNICK KNACKS:



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the squash into 1-inch-thick rounds.
- ☐ Peel and finely chop the garlic.
- ☐ Halve the rolls.
- ☐ Roughly chop the pickles.
- ☐ Finely chop the apricots.
- ☐ Roughly chop the almonds.
- ☐ Cut the chives into 1-inch pieces.
- ☐ Cut off and discard the root end of the lettuce; halve crosswise and separate the leaves.



2 Roast the squash:

- ☐ Line a sheet pan with aluminum foil. Place the **squash** on the prepared sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Evenly top with the **garlic** and **cheese**.
- ☐ Roast, rotating the sheet pan halfway through, 20 to 22 minutes, or until the cheese is lightly browned and the squash is tender when pierced with a fork. Remove from the oven. Set aside in a warm place.

3 Cook & shred the chicken:

- ☐ While the squash roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer the cooked chicken to a cutting board.
- ☐ When cool enough to handle, using 2 forks, shred into bite-sized pieces.



4 Toast the rolls:

- ☐ To the pan of reserved fond, working in batches, add the **rolls**, cut side down. (If the pan seems dry, add 2 teaspoons of olive oil.) Toast on medium-high 1 to 2 minutes per batch, or until the edges are lightly browned. Transfer to a clean, dry work surface.

5 Make the chicken salad:

- ☐ In a large bowl, combine the **pickles**, **mustard**, **yogurt**, **apricots**, **almonds**, **half the vinegar**, **half the chives**, and a drizzle of olive oil; season with salt and pepper.
- ☐ Add the **shredded chicken**; stir to thoroughly combine. Season with salt and pepper to taste.



6 Dress the lettuce & serve your dish:

- ☐ In a medium bowl, combine the **lettuce**, **remaining vinegar**, and a drizzle of olive oil; toss to coat. Season with salt and pepper to taste.
- ☐ Divide the **chicken salad** among the bottoms of the **toasted rolls**. Top with the dressed lettuce. Complete the sandwiches with the roll tops. Transfer to a cutting board and cut in half on an angle.
- ☐ Divide the finished sandwiches and **roasted squash** among 4 dishes. Garnish the squash with the **remaining chives**. Enjoy!