

Seared Chicken & Kale Salad

with Pear & Sesame-Dijon Dressing

CARB CONSCIOUS

🕒 20-30 MINS | 2 SERVINGS

The star of this wholesome salad is the rich, savory dressing (made with tahini, dijon mustard, parmesan, and more) that brings together tender kale, sweet pear, and roasted carrots—all topped with seared chicken and crunchy sesame seeds.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



10 oz
CHOPPED
CHICKEN BREAST



1
LEMON



6 oz
CARROTS



2 Tbsps
TAHINI



1/4 cup
GRATED
PARMESAN
CHEESE



1 tsp
BLACK & WHITE
SESAME SEEDS



1
PEAR



1 clove
GARLIC



1 bunch
KALE



2 Tbsps
VEGETARIAN
WORCESTERSHIRE
SAUCE



2 Tbsps
DIJON MUSTARD

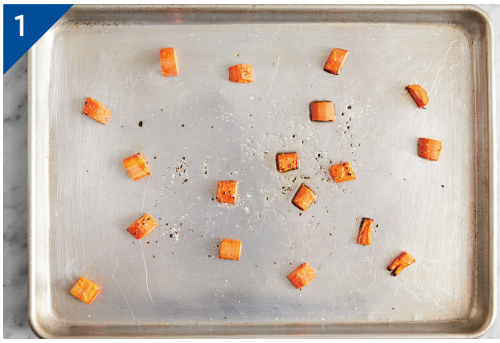


1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

* Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare & roast the carrots:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- ☐ Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 15 to 17 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients & marinate the kale:

- ☐ Meanwhile, peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- ☐ Quarter, core, and thinly slice the **pear**.
- ☐ Quarter and deseed the **lemon**.
- ☐ Separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves. Place in a large bowl; add **the juice of 2 lemon wedges** and **2 tablespoons of olive oil**. Season with salt and pepper. Using your hands, massage the kale to slightly soften. Set aside to marinate, stirring occasionally, at least 10 minutes.



3 Cook the chicken:

- ☐ Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra); stir to thoroughly coat.
- ☐ In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Turn off the heat.



4 Make the dressing:

- ☐ Meanwhile, in a bowl, whisk together the **mustard, cheese, tahini, worcestershire sauce, the juice of the remaining lemon wedges, 2 tablespoons of water, and as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



5 Make the salad & serve your dish:

- ☐ To the bowl of **marinated kale**, add the **roasted carrots, sliced pear, and dressing**; season with salt and pepper. Toss to thoroughly coat. Taste, then season with salt and pepper if desired.
- ☐ Serve the **cooked chicken** over the **salad**. Garnish with the **sesame seeds**. Enjoy!

NUTRITION PER SERVING (AS PREPARED)* Calories: 670, Total Carbohydrates: 43g, Dietary Fiber: 12g, Added Sugar: 3g, Total Fat: 38g, Saturated Fat: 7g, Protein: 44g, Sodium: 1690mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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