

Seared Chicken & Kale Salad

with Roasted Carrots & Sesame-Dijon Dressing

2 SERVINGS






⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



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

Ingredients

-  7 oz Chicken Tenders
-  1 Lemon
-  6 oz Carrots
-  1 clove Garlic
-  1 bunch Kale
-  1 Persimmon or Pear
-  2 Tbsps Vegetarian Worcestershire Sauce
-  ¼ cup Grated Parmesan Cheese
-  2 Tbsps Dijon Mustard
-  2 Tbsps Tahini
-  1 tsp Black & White Sesame Seeds
-  1 Tbsp Weeknight Hero Spice Blend*

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

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

CARB CONSCIOUS
600 CALORIES OR LESS
MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
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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).
- Core and thinly slice the **persimmon or 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. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 3 to 5 minutes per side, 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 persimmon or 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: 570, Total Carbohydrates: 43g, Dietary Fiber: 9g, Added Sugars: 3g, Total Fat: 31g, Saturated Fat: 6g, Protein: 34g, Sodium: 1630mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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