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Ingredients



7 oz Chicken Tenders



1 Lemon



1 clove Garlic



2 Tbsps Dijon Mustard



2 Tbsps Tahini



1 Pear



2 Tbsps Vegetarian Worcestershire Sauce



1 tsp Black & White Sesame Seeds



1 bunch Kale



6 oz Carrots



1/4 cup Grated Parmesan Cheese



1 Tbsp Weeknight Hero Spice Blend¹

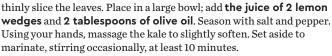


1) Prepare & roast the carrots

- Place an oven rack in the center of the oven; 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.

Prepare the remaining ingredients & marinate the kale

- Meanwhile, peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate
- Quarter, core, and thinly slice the pear.
- · Quarter and deseed the lemon.
- Separate the kale leaves from the stems; discard the stems, then





3 Cook & chop 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.
- Transfer to a cutting board; roughly chop.

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 coat.
- · Taste, then season with salt and pepper if desired.
- Serve the chopped chicken over the salad. Garnish with the sesame seeds. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.



Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

