

# Seared Chicken & Kale Salad

with Pear & Sesame-Dijon Dressing

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients



7 oz Chicken Tenders



2 Tbsps Tahini



1 bunch Kale



1 Lemon



1 Pear



6 oz Carrots



1 clove Garlic



2 Tbsps Vegetarian  
Worcestershire  
Sauce



$\frac{1}{4}$  cup Grated  
Parmesan Cheese



2 Tbsps Dijon  
Mustard



1 tsp Black & White  
Sesame Seeds



1 Tbsp Weeknight  
Hero Spice Blend<sup>1</sup>



Serve with Blue Apron  
wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

<sup>1</sup>. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



### 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.



### 2 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 into a paste.
- 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 & 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](https://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](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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