

Seared Chicken & Kale Salad

with Peach & Sesame-Dijon Dressing

2 SERVINGS

🕒 25-35 MINS



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Ingredients



10 oz Chopped Chicken Breast



6 oz Carrots



2 Tbsps Tahini



1 Tbsp Dijon Mustard



1 bunch Kale



1 Lemon



2 Tbsps Vegetarian Worcestershire Sauce



1 tsp Black & White Sesame Seeds



1 clove Garlic



1 Peach



¼ cup Grated Parmesan Cheese



1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol blueapron.com/wine



10 8 8

SmartPoints® value per serving (as packaged)



6 44216 09185 0

Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Prepare the ingredients & marinate the kale

- Wash and dry the fresh produce.
- Peel the **carrots**, then thinly slice on an angle.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve, pit, and thinly slice the **peach**.
- 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.



2 Cook the chicken

- 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).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons 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.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



3 Cook the carrots

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- 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 **cooked carrots, sliced peach, and dressing**; season with salt and pepper. Toss to coat.
- Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** over the **salad**. Garnish with the **sesame seeds**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

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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