

Seared Chicken & Kale Salad

with Pear & Sesame-Dijon Dressing

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

 **LIGHT & FRESH** Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

 10 oz or 22 oz Chicken Breast Strips 

 1 Lemon

 2 Tbsps Tahini

 2 Tbsps Dijon Mustard

 1 Tbsp Weeknight Hero Spice Blend¹

 1 bunch Kale

 1 Pear

 2 Tbsps Vegetarian Worcestershire Sauce

 2 Tbsps Vegetable Demi-Glace

 1 clove Garlic

 6 oz Carrots

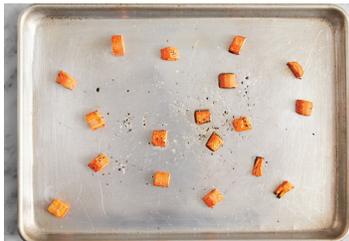
 ¼ cup Grated Parmesan Cheese

 1 tsp Black & White Sesame Seeds

¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

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. Place in a bowl and season with salt, pepper, and the **spice blend**. Toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



Step 3 continued:

- Add the seasoned chicken in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **demi-glace**. Cook, stirring occasionally, 2 to 3 minutes, or until the liquid has cooked off and the chicken is coated and cooked through.
- Transfer to a cutting board; roughly chop.

↩ CUSTOMIZED STEP 3 *If you chose extra Chicken*

- Cook and chop the chicken as directed, using a large nonstick pan (instead of medium).

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!



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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