

# Chicken & Orange-Kale Salad

with Spicy Tahini Dressing

TIME: 25-35 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In the third of our eight weeks of delicious Whole30® approved recipes, we're pairing seared chicken with a salad of roasted potatoes, juicy orange, and kale. To help soften the kale's leaves, we're thinly slicing them and marinating them in a nutty, spicy dressing of tahini and Calabrian chile paste.

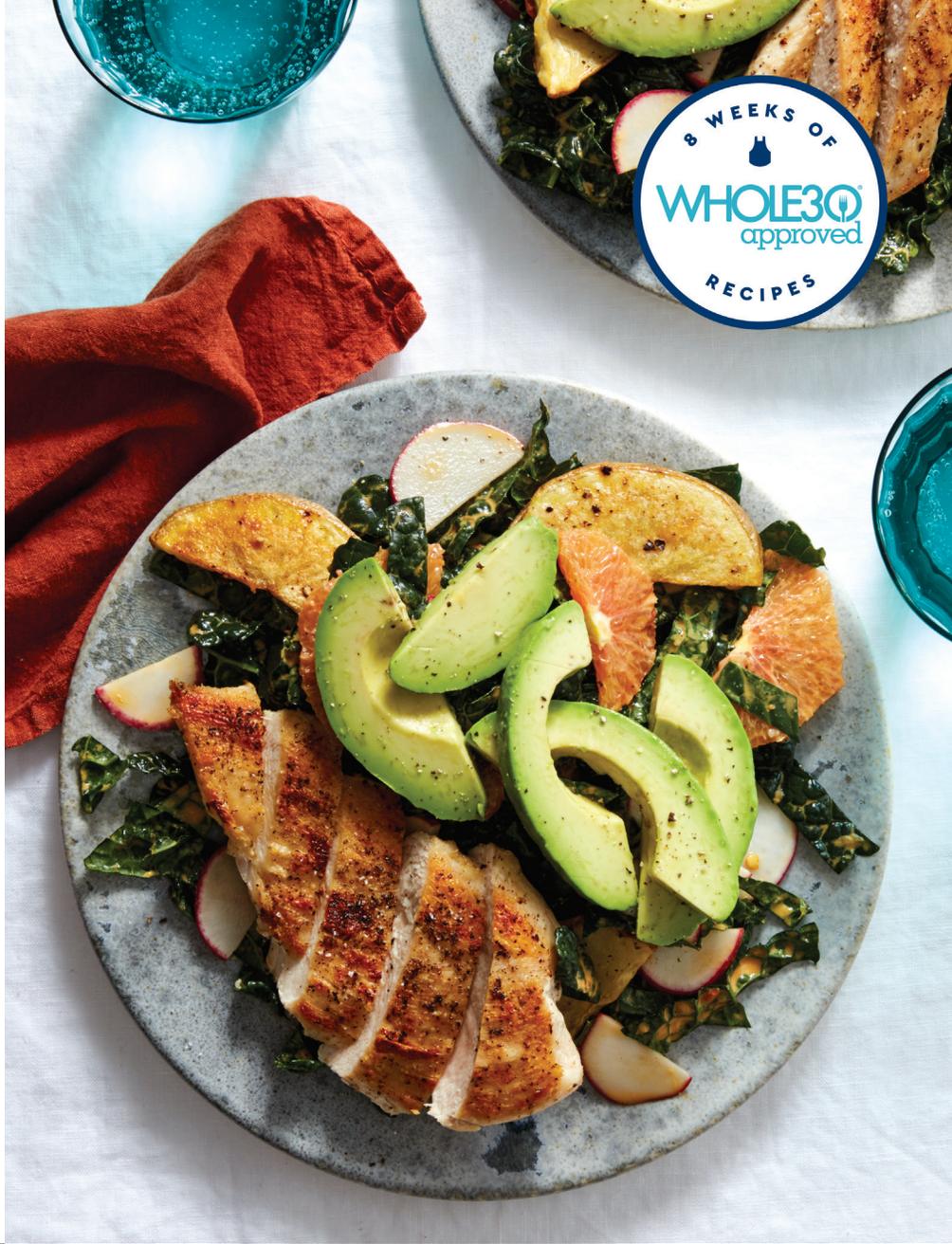


## MATCH YOUR BLUE APRON WINE



Lush & Fruity

Whole30® guidelines do not permit alcohol consumption.



## Ingredients



2  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



3 oz  
RADISHES



1 bunch  
KALE



1  
AVOCADO



1 clove  
GARLIC



1  
ORANGE



½ lb  
YUKON GOLD  
POTATOES

## KNICK KNACKS:



2 Tbsps  
TAHINI



2 Tbsps  
WHITE WINE  
VINEGAR



1 ½ tps  
CALABRIAN CHILE  
PASTE



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### 1 Prepare & roast the potatoes:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/2-inch-thick pieces. Place on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast, flipping halfway through, 20 to 22 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

### 2 Make the dressing & marinate the kale:

- While the potatoes roast, peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- Remove and discard the stems of the **kale**; thinly slice the leaves.
- In a large bowl, whisk together the **tahini**, **1 tablespoon of olive oil**, **1 tablespoon of water**, **half the vinegar**, **as much of the garlic paste as you'd like**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- Add the sliced kale to the bowl; season with salt and pepper. Toss to coat. Using your hands, vigorously massage the kale for 1 to 2 minutes, or until slightly softened. Set aside to marinate, stirring occasionally, for at least 10 minutes.



### 3 Cook the chicken:

- While the kale marinates, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through.
- Transfer to a cutting board.

### 4 Prepare the remaining ingredients:

- While the chicken cooks, cut off and discard the ends of the **radishes**; halve lengthwise, then thinly slice crosswise. Place in a bowl and top with a drizzle of olive oil; season with salt and pepper.
- Peel the **orange**; halve lengthwise, then thinly slice crosswise, discarding any seeds.
- Pit, peel, and thinly slice the **avocado**. Place in a bowl and top with the **remaining vinegar** and a drizzle of olive oil to prevent browning. Season with salt and pepper.



### 5 Make the salad & serve your dish:

- Thinly slice the **cooked chicken** crosswise.
- Add the **sliced radishes and orange** and **roasted potatoes** to the bowl of **marinated kale**; stir to combine. Season with salt and pepper to taste.
- Serve the salad topped with the sliced chicken and **seasoned avocado**. Enjoy!

