

Seared Chicken & Kale Salad

with Pear & Sesame-Dijon Dressing

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Chicken Breast Strips



6 oz Carrots



¼ cup Grated Parmesan Cheese



2 Tbsps Vegetarian Worcestershire Sauce



1 Tbsp Weeknight Hero Spice Blend¹



6 oz Kale



1 Pear



1 Tbsp Dijon Mustard



2 ½ Tbsps Vegetable Demi-Glace



1 clove Garlic



1 Lemon



2 Tbsps Tahini



1 tsp Black & White Sesame Seeds



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



10 8 8

SmartPoints® value per serving (as packaged)



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

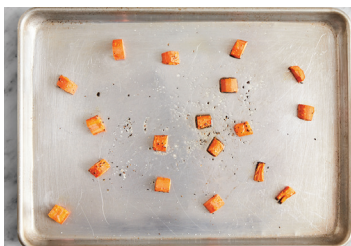
COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **demi-glace** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the liquid has cooked off and the chicken is coated and cooked through.
- Transfer to a cutting board. When cool enough to handle, 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 **salad** topped with the **chopped chicken**. Garnish with the **sesame seeds**. Enjoy!

