



## Chicken BLT Kale Salad with Scallion Ranch:

Martha Stewart & Marley Spoon does Lunch



ca. 20min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This amped up kale salad is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!



## What we send

- 4 oz pkg thick-cut bacon
- garlic
- 1 oz scallions
- 1 bunch Tuscan kale
- 2 oz mayonnaise <sup>3,6</sup>
- 1 oz sour cream <sup>7</sup>
- ½ lb pkg chicken breast strips
- 1 container grape tomatoes

## What you need

- olive oil
- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper

## Tools

- medium skillet

## Allergens

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 53g, Carbs 20g, Proteins 39g



### 1. Cook bacon

Heat a medium skillet over medium-high. Transfer **bacon** to skillet and cook, turning once or twice, until brown and crisp all over, 8-10 minutes. Transfer to a paper towel-lined plate to drain. Reserve skillet and bacon fat for step 4.



### 2. Prep ingredients

Finely chop **½ teaspoon garlic**. Trim **scallions**, then thinly slice about ¼ cup. Strip **kale leaves** from **tough stems**; discard stems. Stack leaves and coarsely chop.



### 3. Make scallion ranch

In a medium bowl, combine **garlic, sliced scallions, sour cream, 2 tablespoons of the mayonnaise, 1½ teaspoons vinegar, ¼ teaspoon sugar, and 2 tablespoons oil**; whisk until smooth. Season to taste with **salt and pepper**. Slightly thin scallion ranch, stirring in **1-2 teaspoons water** at a time, as needed.



### 4. Cook chicken

Pat **chicken strips** dry and season all over with **salt and pepper**. Heat reserved skillet with **remaining bacon fat** over medium-high. Add chicken and cook, stirring occasionally, until chicken is browned in spots and cooked through, 3-4 minutes. Use a slotted spoon to transfer chicken to a plate.



### 5. Eat now!

Break **bacon** into bite-sized pieces. In a large bowl, combine **kale, chicken, bacon, and half of the tomatoes**. Toss with **scallion ranch**, then season with **a pinch each of salt and pepper**. Enjoy!



### 6. Eat later!

Cook **bacon** and **chicken** the day before and store separately in air tight containers in the refrigerator. Once ready to eat, make **scallion ranch**. Reheat **bacon and chicken** in a microwave or toaster oven, then assemble assemble salad as directed in step 5.