



Pan-Grilled Chicken Breast

with Spinach Salad & Creamy Chimichurri

 under 20min

 2 Servings

If you don't have a grill or grill pan, preheat the broiler with top rack 6 inches from the heat source. Broil ciabatta directly on top oven rack until toasted, 1-2 minutes per side. Heat 1 tablespoon oil in a heavy skillet over medium-high. Add chicken and cook until golden brown and cooked through, 2-3 minutes per side.

What we send

- 12 oz boneless, skinless chicken breasts
- 1 plum tomato
- garlic
- 1 oz mayonnaise 3,6
- 1 oz sour cream 7
- 4 oz chimichurri sauce
- 1 ciabatta roll 1
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

Tools

- grill or grill pan

Allergens

Wheat (1), 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 650kcal, Fat 40g, Carbs 31g, Proteins 46g



1. Prep chicken

Pat **chicken** dry, then pound to an even $\frac{1}{2}$ -inch thickness, if necessary. Season all over with **salt** and **pepper**, then drizzle with **oil**. Set aside until step 5.



2. Prep tomato & garlic

Preheat grill or grill pan to high (see front of recipe for alternative cooking method). Cut **tomato** into $\frac{1}{2}$ -inch thick wedges. Peel **1 large garlic clove**, then finely chop $\frac{1}{4}$ teaspoon and leave remainder of the clove whole.



3. Make sauce & dressing

In a small bowl, stir combine **mayonnaise**, **sour cream**, **chopped garlic**, **2 tablespoons chimichurri sauce** (or more depending on heat preference), **1 tablespoon vinegar**, and **$\frac{1}{2}$ tablespoon water**. Transfer **2 tablespoons of the dressing** to a medium bowl. Set both bowls aside until step 6.



4. Grill ciabatta rolls

Split **ciabatta roll** horizontally, if necessary, and brush cut sides lightly with **oil**. Grill ciabatta on medium-high, turning once or twice, until charred in spots, 3-4 minutes (watch closely). Transfer to plates and rub with **remaining whole garlic clove**.



5. Grill chicken

Grill **chicken** on medium-high, turning once or twice, until lightly charred and cooked through, about 3 minutes per side.



6. Finish salad & serve

Add **spinach** and **tomatoes** to medium bowl with **dressing**, tossing to coat. Season to taste with **salt** and **pepper**. Tear **ciabatta** into large croutons, then add to salad and toss again. Serve **grilled chicken** with **remaining creamy chimichurri sauce** spooned over top, and **spinach salad** alongside. Enjoy!