





**LOW
CARB**

Chicken Paillards

with Pickled Peach and Arugula Salad

 30-40min  2 Servings

When the weather heats up, it's time to cool things down on the dinner front. This recipe requires a total stove time of just 5 minutes. The chicken breasts are split through the middle into four thin fillets. The salad on top is killer: peaches quick-pickled with shallot, lime, and jalapeño top baby arugula and get a sprinkling of pepitas and fresh cilantro. It's a deliciously refreshing combi...

What we send

- jalapeno
- boneless, skinless chicken breast
- roasted salted pumpkin seeds
- lime
- baby arugula
- fresh cilantro
- peach
- distilled white vinegar
- shallot

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 475.0kcal, Fat 24.4g, Proteins 49.1g, Carbs 10.3g



1. Prep the pickles

Halve peach, remove pit, and slice into ¼-inch wedges. Trim, peel, and thinly slice shallot. Remove stem from jalapeño and slice into rings (remove seeds for less heat). Zest and juice lime.



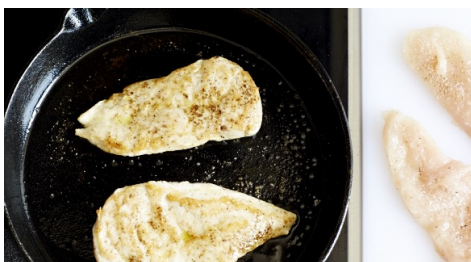
2. Pickle the peaches

Combine peaches, shallot, jalapeño, lime zest, lime juice, vinegar, and ¼ cup water in a medium bowl; season with salt and pepper. Set aside until shallot is soft and bright pink, tossing occasionally, about 15 minutes.



3. Prep the chicken

Using a sharp knife, divide each chicken breast in two by making a horizontal cut through each chicken breast, halving them completely; season the 4 pieces on both sides with salt and pepper.



4. Cook the chicken

Heat 1 tablespoon oil in a large skillet over medium-high. Working in batches, cook chicken breast halves until browned and cooked through, about 2 minutes per side.



5. Plate

Pick cilantro leaves from stems. Wash and dry arugula. Place two chicken breast halves on each plate and top with arugula and some of the pickled peaches and onions.



6. Finish and Serve

Drizzle each plate with a bit of pickling liquid and a drizzle of oil. Garnish with pepitas and cilantro leaves. Enjoy!