

# MARLEY SPOON



## Sesame Kale Salad & Pan-Fried Plant Chicken

with Edamame, Almonds & Mint



20-30min



2 Servings

This refreshingly crisp salad has layers of flavor and texture, plus plenty of protein to make this dinner-worthy. We toss thinly sliced kale, shredded carrots, and fresh mint in a sesame dressing while we fry sesame-crusted plant-based chicken to crispy perfection. Warm edamame and crunchy almonds round out this hearty salad—perfect for anytime of day!



## What we send

- 3 oz carrots
- 1 bunch curly kale
- 2½ oz edamame <sup>2</sup>
- 1 oz roasted almonds <sup>3</sup>
- 1 oz panko <sup>4</sup>
- ¼ oz pkt toasted sesame seeds <sup>1</sup>
- ¼ oz shichimi togarashi <sup>1</sup>
- ¼ oz fresh mint
- 2 oz sesame dressing <sup>1,2,4</sup>
- 8 oz pkg plant-based chicken <sup>2</sup>

## What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper

## Tools

- box grater
- medium nonstick skillet

## Cooking tip

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## Allergens

Sesame (1), Soy (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 630kcal, Fat 33g, Carbs 50g, Protein 36g



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 1. Prep plant-based chicken

Break **plant-based chicken** into bite-size pieces. Pat very dry.



### 4. Fry plant chicken

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches so as to not overcrowd the pan, add **plant chicken** and fry until deeply golden brown, 2-3 minutes per side. Transfer to a paper towel-lined plate and immediately sprinkle with **schichimi togarashi**.



### 2. Prep veggies

Grate **carrot** on the large holes of a box grater. Strip **kale leaves** from tough stems; discard stems and thinly slice leaves.

Transfer **edamame** to a microwave-safe bowl, cover with a damp paper towel, and microwave until beans are warmed through, 1-2 minutes.

Coarsely chop **almonds**.



### 5. Toss salad & serve

Pick **mint leaves** from stems and coarsely chop; discard stems. Toss **kale, carrots, and mint** with **sesame dressing** (optionally add **1 teaspoon vinegar** if dressing is too sweet). Season to taste with **salt** and **pepper**.

Transfer **salad** to plates and top with **edamame, almonds, and crispy plant-based chicken**. Enjoy!



### 3. Coat plant chicken

In a medium bowl or plate, combine **panko** with **sesame seeds**. Working one at a time, add **plant-based chicken** to panko mixture and press lightly so panko sticks to plant chicken. Transfer to a 2nd plate and repeat with remaining pieces. Return plant chicken to bowl and coat with another layer of panko, press lightly to help breading adhere.



### 6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.