



Grilled Chicken and Avocado Salad

with Bok Choy, Cilantro and Sambal Dressing



20-30min



2 Servings

We all know avocado likes to be seasoned with salt and pepper and a squirt of lemon. But have you tried avocado with chili paste and toasted sesame oil? This Asian-inspired salad is an ode to brilliant greens: raw crisp bok choy, a generous handful of fresh cilantro leaves, and slightly charred avocado. Shredded chicken catches a spicy sambal dressing, and each ingredient is coated in toasted s...

What we send

- lime
- cilantro, fresh
- toasted sesame seeds ¹¹
- sambal oelek ¹⁷
- toasted sesame oil ¹¹
- baby bok choy
- boneless skinless chicken breasts
- avocado

What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

Tools

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

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal



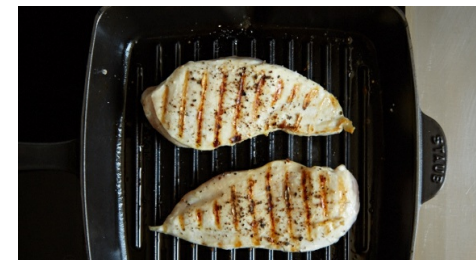
1. Make dressing

Halve lime and squeeze into a large bowl. Add fish sauce, sambal, sesame oil, ½ teaspoon of sugar and a pinch of salt. Whisk until sugar dissolves and set aside.



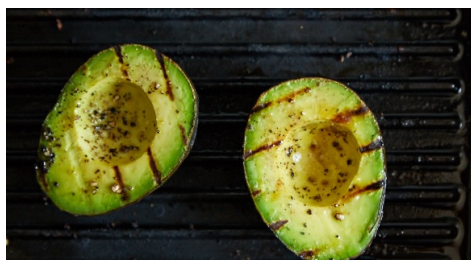
2. Chop bok choy

Halve bok choy lengthwise and run under cool water to rinse away any sand. Cut on the bias into ½ inch pieces. Pick cilantro leaves and tender stems from sprigs.



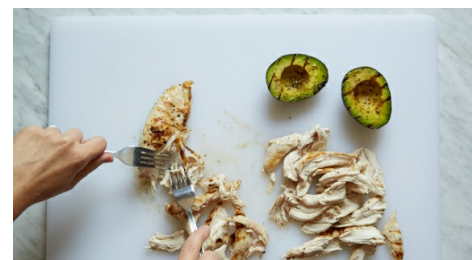
3. Grill chicken

Preheat grill or grill pan to medium-high heat. Season chicken with salt and pepper and drizzle with 2 teaspoons olive oil. Grill, turning once, until lightly charred and cooked through, 5-6 minutes per side. Transfer to a board to cool slightly.



4. Grill avocado

Meanwhile, halve avocado, remove pit and season with salt and pepper. Drizzle cut sides with 1 teaspoon olive oil and grill, cut-side down, until lightly charred, about 3 minutes.



5. Shred chicken

Using two forks, shred chicken into bite-size pieces. Remove avocado from skin and chop or slice.



6. Finish salad

Add chicken, avocado, bok choy, and cilantro to dressing and toss to coat. Transfer to a platter and top with sesame seeds. Enjoy!