



20-Min: Warm Tarragon Chicken Salad

with Capers & Dijon Vinaigrette



20-30min



2 Servings

Using fresh herbs is a great way to pack a ton of flavor into a quick-to-make meal. We combine tarragon, which has a slightly sweet, anise-like flavor with bold, briny capers, and Dijon mustard for a tangy warm vinaigrette that coats tender chicken breasts. It's all layered on crisp romaine with peppery sliced radishes and sweet sugar snap peas. Just because you're short on time doesn't mean you have to skimp on flavor.

What we send

- ¼ oz fresh tarragon
- garlic
- 1 pkt Dijon mustard ¹⁷
- 4 oz snap peas
- 1 romaine heart
- 2 oz red radishes
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz capers ¹²

What you need

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

Tools

- medium skillet

Allergens

Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 419kcal, Fat 23g, Carbs 10g, Protein 42g



1. Make vinaigrette

Finely chop **1 tablespoon tarragon leaves and stems**. Finely chop **½ teaspoon garlic**. In a small bowl, combine **chopped garlic, Dijon mustard, half of the tarragon, 2 tablespoons each of oil and water**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**.



4. Finish vinaigrette

Add **capers** to same skillet; cook until fragrant, about 30 seconds. Carefully add **vinaigrette**, then bring to a simmer, scraping any browned bits from the bottom, about 30 seconds. Season to taste with **salt** and **pepper**. (If vinaigrette appears broken, stir in **1 tablespoon hot tap water**.)



2. Prep vegetables

Cut **snap peas** in half crosswise, if desired. Quarter **lettuce** lengthwise, then halve crosswise. Halve **radishes** and thinly slice into half-moons.



5. Finish

Slice **chicken**, if desired. Arrange **lettuce**, **snap peas**, and **radishes** on plates. Top with chicken, then spoon **warm vinaigrette** over top. Garnish with **remaining chopped tarragon**.



3. Season & cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until lightly browned and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



6. Serve

Enjoy!