



Chicken and Butter Bean Salad

with Arugula, Celery, and Almonds



ca. 20min



2 Servings

How can you go wrong with a dish that takes just about 20 minutes to prepare, is gluten-free, low-carb, and high in protein, not to mention oh so tasty?? You can't! Smoky grilled chicken is combined with creamy butterbeans, crunchy celery, smoked almonds and peppery arugula, then tossed with a lemony dressing for a satisfying and super-fast meal. Cook, relax, and enjoy!

What we send

- boneless, skinless chicken breasts
- smoked paprika
- lemon
- celery
- can butter beans
- shallot
- large leaf arugula

What you need

Tools

Allergens

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

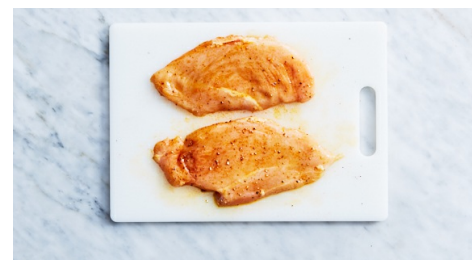
Nutrition per serving

Calories 793kcal, Fat 31g, Carbs 64g, Protein 56g



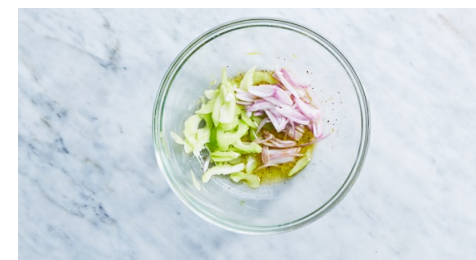
1. Pound chicken

Light a grill to medium-high if using. Using a meat mallet, pound **chicken breasts** to an even ½-inch thickness.



2. Season chicken

In a small bowl, combine ½ **teaspoon of the smoked paprika** (reserve rest for your own use) with ½ **teaspoon each salt and pepper**. Season **chicken** with **spice mixture** and rub with **1 tablespoon oil**. Let sit.



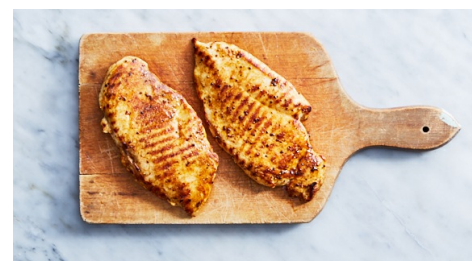
3. Make dressing

Zest and squeeze **half of the lemon** into a large bowl (reserve the rest for your own use). Add **2 tablespoons oil** and season with **salt** and **pepper**. Thinly slice **celery** on a diagonal. Halve, peel, and thinly slice **half of shallot** lengthwise (reserve the rest for your own use). Add both to **dressing**.



4. Prep ingredients

Drain and rinse **butter beans**. Trim ends from **arugula**; wash and dry well. Cut in half crosswise. Coarsely chop **almonds**.



5. Grill chicken

Heat a grill pan, if using, over medium-high. Add **chicken** and grill until golden and cooked through, about 3 minutes per side.



6. Finish

Add **beans** to **dressing** and toss to combine. Add **arugula** and gently toss. Divide **salad** between plates, sprinkle with **almonds**, and top with **chicken**. Enjoy!