

DINNERLY



Balsamic Chicken & Peach Salad

Easy Clean Up!



ca. 20min



2 Servings

If there was ever a dish that screams fresh, healthy, delicious, and ridiculously easy, this is it. You've got your greens, fruits, protein, and healthy fats, all in one not-boring salad. Plus, all it needs to come together is a skillet and a cutting board. What could be better than that? We've got you covered!

WHAT WE SEND

- 1 peach
- 1 plum tomato
- ½ lb pkg chicken breast strips
- 3 oz baby spinach
- 1.4 oz feta cheese ¹
- 1 oz salted sunflower seeds

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- balsamic vinegar
- pinch of sugar

TOOLS

- medium nonstick skillet

COOKING TIP

If you don't have balsamic vinegar, use a different vinegar and add another ¼ teaspoon sugar in step 3.

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 36g, Carbs 14g, Protein 35g



1. Prep & cook peaches

Halve **peach** and discard pit; cut each half into quarters. Cut **tomato** into wedges. Pat **chicken** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add peaches and cook until browned and just tender, 1–2 minutes per side. Transfer to a plate; reserve **oil** in skillet.



2. Cook chicken

To same skillet over medium-high heat, add **chicken** in a single layer; cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more. Transfer to plate with **peaches**.

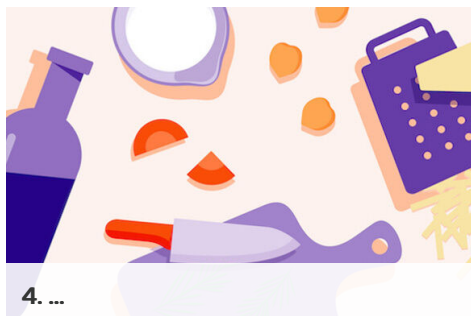
Reduce heat to low. Whisk in **2 teaspoons water**, scraping up any browned bits from bottom of skillet.



3. Finish & serve

Remove skillet from heat. Add **2 tablespoons oil**, **2 teaspoons vinegar**, and **a pinch of sugar** (see cooking tip); whisk to combine. Season to taste with **salt** and **pepper**.

Divide **spinach** between plates. Top with **chicken**, **peaches**, **feta**, and **tomatoes**. Serve **chicken and peach salad** with **balsamic dressing** and **sunflower seeds** over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!