

DINNERLY



No Chop! Low-Carb Balsamic Chicken Salad

with Berry Vinaigrette



under 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this balsamic chicken salad? Personally, we'd choose B. This dish requires absolutely no prepwork—just make the dressing, cook the chicken, and assemble. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 1 pkt Dijon mustard
- ½ oz berry preserves
- ½ lb pkg chicken breast strips
- 1 oz salted almonds ¹
- 3 oz baby spinach
- 1.4 oz feta cheese ²

WHAT YOU NEED

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

TOOLS

- medium skillet

ALLERGENS

Tree Nuts (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 37g, Carbs 11g, Protein 34g



1. Make dressing

In a small bowl, stir to combine **Dijon, berry preserves, 2 tablespoons oil, and 1 tablespoon vinegar**. Whisk until smooth and season to taste with **salt and pepper**; set aside until ready to serve.

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



2. Cook chicken & glaze

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer; cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, 2 minutes more. Reduce heat to medium; add **1 tablespoon vinegar** and **a pinch of sugar**. Cook, stirring, until vinegar is reduced to a glaze and chicken is coated, 1–2 minutes.



3. Finish & serve

Use a rolling pin or heavy skillet to crush **almonds** in bag.

Plate **spinach**, then top with **crushed almonds** and **balsamic chicken**. Drizzle with **dressing** and crumble **feta** 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!