



Buffalo Glazed Chicken Breast

with Chopped Salad



20-30min



2 Servings

Buffalo chicken wings are a bit of a guilty pleasure around here. This dish takes the best parts of a big bowl of Buffalo wings and deconstructs it so that you can have it for dinner. The spicy sauce is offset with a cooling and crunchy salad, inspired by a side of carrot sticks and creamy dressing. The added bonus is you won't need ten napkins to stay clean!

What we send

- carrots
- hot sauce
- boneless, skinless chicken breasts
- romaine heart
- parsley
- garlic
- 2
- 3,4

What you need

- 2 tablespoons butter ¹
- apple cider vinegar
- kosher salt & ground pepper

Tools

- meat mallet (or heavy skillet)
- medium skillet

Allergens

Milk (1), Wheat (2), Egg (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 50g, Carbs 19g,
Protein 38g



1. Prep ingredients

Cut **roll** into ½-inch cubes. Peel and finely chop **1 large clove garlic**. Trim ends from **carrot**, then peel, cut in half lengthwise, and thinly slice crosswise on a diagonal. Trim core end from **lettuce**, cut in half lengthwise, then cut crosswise into 1-inch pieces. Pick **parsley leaves** from stems.



4. Make dressing

Meanwhile, in a large bowl, combine **1 tablespoon of the mayonnaise, 1 tablespoon vinegar, remaining garlic, and 2 tablespoons oil**, and whisk until combined. Season to taste with **salt and pepper**.



2. Make croutons

Heat **1½ tablespoons oil** in a medium skillet over medium; add **bread cubes** and **a pinch salt**. Cook until cubes are golden, stirring occasionally, about 5 minutes. Add **half of the chopped garlic** and continue to cook until fragrant about 30 seconds. Transfer to a plate and wipe out skillet.



5. Finish chicken

Add **2 tablespoons butter** to skillet and swirl pan until melted. Add **buffalo hot sauce** and swirl to combine. Reduce heat to medium and cook until sauce has slightly reduced, turning **chicken** to coat, about 1 minute.



3. Cook chicken

Pat **chicken** dry. Using a meat mallet or heavy skillet, lightly pound chicken to an even ½-inch thickness. Season well all over with **salt and pepper**. Add **1 teaspoon oil** to same skillet and heat over medium-high. Add chicken and cook until golden brown and cooked through, 4-5 minutes per side.



6. Make salad & serve

To the large bowl with **dressing**, add **lettuce, carrots, croutons**, and **parsley** and toss to coat; season to taste with **salt and pepper**. Divide the **salad** between plates and top with **Buffalo glazed chicken breast**. Drizzle **remaining Buffalo sauce** all over **chicken**. Enjoy!