



Parmesan Frico Chicken Breast

with Warm Quinoa Kale Salad



30-40min



2 Servings

Who says a salad can't warm you up? We massage kale in oil and balsamic vinegar to tenderize the leaves while also adding flavor, before roasting to a golden finish. The crisp kale combines with fluffy quinoa in a sweet and savory dressing of Dijon mustard and honey, creating a delicious bed for Parmesan chicken. A garnish of toasted walnuts and dried cranberries adds flavorful texture to this hearty and healthy salad.

What we send

- ¾ oz Parmesan ⁷
- 1 pkt Dijon mustard ¹⁷
- ½ oz honey
- 1 oz walnuts ¹⁵
- 1 bunch curly kale
- 3 oz white quinoa
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz dried cranberries

What you need

- 7 Tbsp olive oil
- balsamic vinegar ¹⁷
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- medium nonstick skillet

Cooking tip

Massaging kale tenderizes it by breaking down some of the tough fibers and infuses it with the seasonings.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 970kcal, Fat 59g, Carbs 54g, Protein 54g

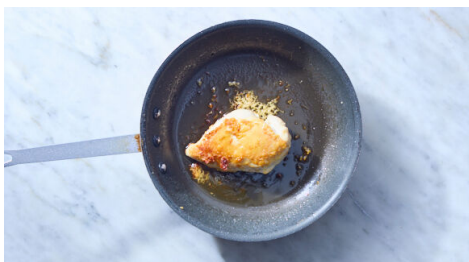


1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Finely grate **Parmesan**. In a large bowl, whisk to combine **mustard, honey, 3 tablespoons oil**, and **1 tablespoon balsamic vinegar**. Season to taste with **salt** and **pepper**.

Transfer **walnuts** to a rimmed baking sheet and bake until browned and fragrant, 5–8 minutes. Let cool, then coarsely chop.



4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Sprinkle **Parmesan** all over and press to adhere.

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add chicken and cook until cheese is browned and crisp and chicken is cooked through, 3–4 minutes per side.



2. Roast kale

Strip **kale leaves** from stems and tear into bite-sized pieces; discard stems. In a large bowl, massage kale with **2 tablespoons oil, 1 tablespoon balsamic vinegar**, and **a few grinds of pepper** until absorbed.

Spread kale into an even layer on same rimmed baking sheet. Roast on center oven rack until just starting to brown, 18–20 minutes.



5. Finish & serve

Fluff **quinoa** with a fork. Transfer **kale** and quinoa to bowl with **dressing** and toss until evenly coated; season to taste with **salt** and **pepper**. Transfer to plates. Slice **chicken** and place on top of **salad**. Garnish with **toasted walnuts** and **dried cranberries**. Enjoy!



3. Cook quinoa





In a small saucepan, combine **quinoa, ¾ cup water**, and **a pinch of salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered.



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