

DINNERLY



Buffalo Chickpeas & Chicken Ranch Salad

with Blue Cheese & Steamed Rice

This recipe is customized with boneless, skinless chicken breasts.



30-40min



2 Servings

WHAT WE SEND

- 5 oz basmati rice
- 15 oz can chickpeas
- 2 oz Buffalo sauce
- 10 oz pkg boneless, skinless chicken breast
- 1 romaine heart
- 2 oz celery
- 2 (1½ oz) ranch dressing ^{3,6,7}
- 1 oz blue cheese crumbles ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- butter ⁷

TOOLS

- small saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium skillet

ALLERGENS

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

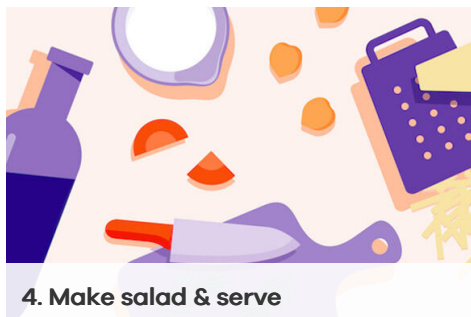
Calories 740kcal, Fat 30g, Carbs 90g, Protein 53g



1. Cook rice

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

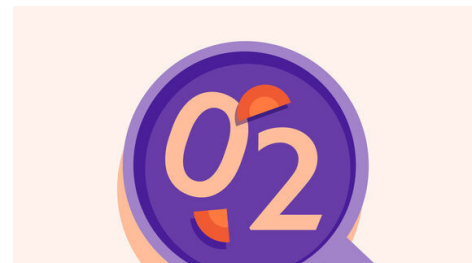
In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



4. Make salad & serve

Thinly slice **romaine** crosswise, discarding end. Thinly slice **celery**. Toss in a large bowl with **all of the ranch dressing** until coated. Slice **chicken**. Fluff **rice** with a fork (stir in 1 tablespoon butter until melted, if desired).

Serve **Buffalo chickpeas**, **chicken**, and **ranch salad** over **rice** garnished with **blue cheese**. Enjoy!



2. Roast chickpeas

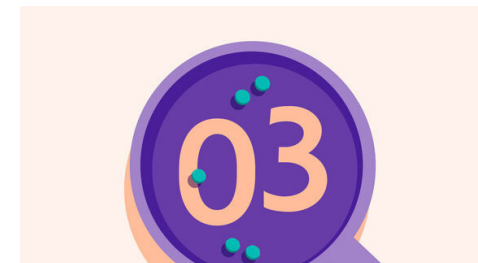
Drain **chickpeas** and rinse under cold water. Pat dry. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**.

Bake on lower oven rack until crisp and starting to brown, shaking sheet halfway through, 15–20 minutes. Add **Buffalo sauce** and **1 tablespoon butter**. Toss until chickpeas are coated and butter is melted.



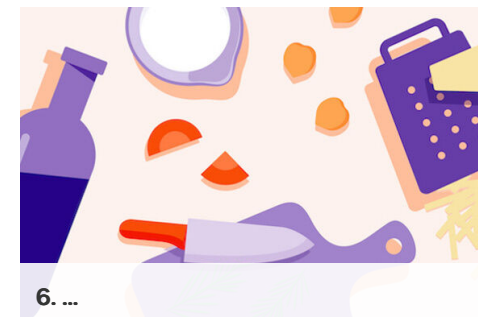
5. ...

What were you expecting, more steps?



3. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



6. ...

Sit back, relax, and enjoy your Dinnerly!