



Sesame Kale Salad & Pan-Fried Chicken

with Edamame, Almonds & Mint



20-30min



2 Servings

This refreshingly crisp salad has layers of flavor and texture, plus plenty of protein to make this dinner-worthy. We toss thinly sliced kale, shredded carrots, and fresh mint in a sesame dressing while we fry sesame-crusted chicken to crispy perfection. Warm edamame and crunchy almonds round out this hearty salad—perfect for anytime of day!

What we send

- 10 oz pkg chicken breast strips
- 1 carrot
- 1 bunch curly kale
- 2½ oz edamame ⁶
- 1 oz salted almonds ¹⁵
- 1 oz panko ¹
- ¼ oz mixed sesame seeds ¹¹
- ¼ oz shichimi togarashi ¹¹
- ¼ oz fresh mint
- 2 oz sesame dressing ^{1,6,11}

What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper
- all-purpose flour ¹
- large egg ³

Tools

- box grater
- medium nonstick skillet

Cooking tip

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Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 30g, Carbs 38g, Protein 48g



1. Prep chicken

Pat **chicken** dry and sprinkle all over with **a pinch each of salt, pepper, and flour**.



2. Prep veggies

Grate **carrot** on the large holes of a box grater. Strip **kale leaves** from tough stems; discard stems and thinly slice leaves.

Transfer **edamame** to a microwave-safe bowl, cover with a damp paper towel, and microwave until beans are warmed through, 1-2 minutes.

Coarsely chop **almonds**.



3. Coat chicken

In a medium bowl or plate, combine **panko** with **sesame seeds**. In another medium bowl, whisk together **1 large egg** and **1 tablespoon water**; season with **salt** and **pepper**. Dip **chicken** in egg, letting excess drip back into the bowl. Add chicken to panko mixture, coating fully. Transfer chicken to a plate.



4. Fry chicken

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches so as to not overcrowd the pan, add **chicken** to oil and fry until deeply golden brown, 2-3 minutes per side. Transfer to a paper towel-lined plate and immediately sprinkle with **schichimi togarashi**.



5. Toss salad & serve

Pick **mint leaves** from stems and coarsely chop; discard stems. Toss **kale, carrots, and mint** with **sesame dressing** (optionally add **1 teaspoon vinegar** if dressing is too sweet). Season to taste with **salt** and **pepper**.

Transfer **salad** to plates and top with **edamame, almonds, and chicken**. Enjoy!



6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.