

DINNERLY



Low-Carb Kale Chicken Caesar Salad with Parmesan Crisps



20-30min



2 Servings

This isn't your grandma's Caesar salad. For this 21st century makeover, we sub in tender, nutritious kale and make fancy restaurant-quality Parmesan crisps. We toss the kale in a classic Caesar dressing before topping it with tender chicken breasts and a shower of Parmesan. The cheese crisps make this salad a special occasion—no matter when you have it. We've got you covered!

WHAT WE SEND

- 1 bunch curly kale
- 2 (¾ oz) Parmesan ²
- ½ oz fish sauce ³
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz all-purpose spice blend

WHAT YOU NEED

- olive oil
- mayonnaise ¹
- white wine vinegar (or red wine vinegar)
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- parchment paper
- microplane or grater
- aluminium foil

COOKING TIP

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 780kcal, Fat 63g, Carbs 9g, Protein 44g



1. Prep ingredients

Preheat oven to 400°F with racks in the center and top positions. Line a rimmed baking sheet with parchment. Strip **kale leaves** from tough stems; discard stems. Cut or tear kale into bite-sized pieces. In a large bowl, massage kale with **2 tablespoons oil**; set aside. Finely grate all the **Parmesan**.



2. Bake cheese crisps

Add **half of the Parmesan** to the prepared baking sheet and divide into 1 tablespoon-sized piles. Pat each pile into a 2-inch round. Bake on center rack until light golden brown, 6–8 minutes. Let cool on baking sheet for at least 3 minutes then transfer cheese crisps to a plate. Discard parchment paper and line baking sheet with foil. Switch oven to broil.



3. Make dressing

Meanwhile, set aside **1 tablespoon Parmesan** for garnish. In a small bowl, whisk together **¼ cup mayonnaise**, **remaining Parmesan**, **½ teaspoon fish sauce (or more to taste)**, **1 tablespoon vinegar**, **½ teaspoon ground pepper**, and **⅓ teaspoon finely grated garlic**. Gradually whisk in **2 tablespoons oil**. Set aside.



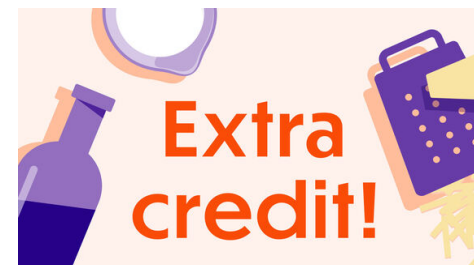
4. Cook chicken

Pat **chicken** dry. In a small bowl, toss chicken with **all-purpose seasoning**, **1 tablespoon oil**, and **salt and pepper**. Transfer to prepared baking sheet. Broil on top rack until chicken is browned in spots on top and cooked through, 7–8 minutes (watch carefully as broilers vary). Allow chicken to rest for at least 5 minutes.



5. Finish & serve

Add **dressing** to **kale**; mix well to coat. Season to taste with **salt and pepper**, if necessary. Divide **salad** between plates. Cut **chicken** into pieces and add to salads. Sprinkle with **reserved Parmesan** and garnish with **cheese crisps** (break into smaller pieces, if desired). Enjoy!



6. Rate your plate!

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