



## Chicken & Roasted Veggie Salade Nicoise

with Creamy Mustard Dressing



30-40min



2 Servings

For this new veggie heavy spin on a classic French dish, Niçoise Salad, potatoes, asparagus, and carrots are roasted until lightly browned and tender. The veggies are added to a plate with arugula, hard-boiled eggs, and crisp green beans and topped with a drizzle with a creamy mustard dressing.



## What we send

- 2 carrots
- 2 Yukon gold potatoes
- ½ lb asparagus
- 1 oz capers <sup>12</sup>
- ½ lb green beans
- 1 yellow onion
- 2 oz mayonnaise <sup>3,6</sup>
- 1 pkt Dijon mustard <sup>17</sup>
- 3 oz arugula
- 12 oz pkg boneless, skinless chicken breasts

## What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs <sup>3</sup>
- red wine vinegar (or white wine vinegar)

## Tools

- rimmed baking sheet
- small saucepan
- medium skillet

## Allergens

Egg (3), Soy (6), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 910kcal, Fat 46g, Carbs 72g, Protein 61g



### 1. Roast carrots & potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **carrots**; halve lengthwise, or quarter if thick. Scrub **potatoes**, then cut lengthwise into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes and carrots with **1½ tablespoons oil**, season with **salt** and **pepper**. Spread to an even layer. Roast until vegetables are just tender and lightly golden, 10-12 minutes.



### 4. Make dressing

Finely chop **2 tablespoons onion**. Place chopped onions in a small bowl, and add **mustard**, **2 tablespoons vinegar**, and **1 tablespoon mayonnaise**. In a steady stream, whisk in **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 2. Add asparagus & capers

Meanwhile, trim tough ends from **asparagus**. Pat **capers** dry and toss with **½ teaspoon oil**. Push **carrots** and **potatoes** to one side of baking sheet, and add asparagus and capers to the other side. Season with **a pinch each of salt and pepper**. Return baking sheet to oven and roast until asparagus are lightly browned and capers are crispy, 8-10 minutes.



### 5. 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.



### 3. Cook eggs & beans

While **vegetables** roast, fill a small saucepan with water and bring to a boil. Trim ends from **green beans**. Carefully lower **3 eggs** into boiling water and cook for exactly 8 minutes. Add green beans to eggs and cook together for another 2 minutes. Immediately drain and return to pot. Shake to gently crack shells, then fill saucepan with ice water.



### 6. Assemble & serve

Peel **eggs** under running water. Pat dry, cut into quarters, and sprinkle with **salt** and **pepper**. Pat **green beans** dry.

Transfer **arugula** to a large bowl and toss with **1 tablespoon of the dressing**. Transfer to plates and top with **eggs**, **roasted vegetables**, **green beans**, and **chicken**. Drizzle **remaining dressing** over top and garnish with **crispy capers**. Enjoy!