



## Pan-Grilled Chicken Breast

with Spinach Salad & Creamy Pesto



under 20min



2 Servings

A delicious meal doesn't have to be complicated! Lean chicken breasts cook fast on a hot grill until tender and golden brown. Mayonnaise and sour cream combine with pesto for a creamy, herbaceous spread that brings so much flavor we use it both as a sauce for the juicy grilled chicken and as a dressing for the simple spinach salad. Toasty ciabatta is perfect for wiping the plate clean. No grill? See cooking tip.



## What we send

- 12 oz pkg boneless, skinless chicken breasts
- 1 plum tomato
- 1 oz mayonnaise <sup>3,6</sup>
- 1 oz sour cream <sup>7</sup>
- 2 oz basil pesto <sup>7</sup>
- 1 ciabatta roll <sup>1</sup>
- 3 oz baby spinach

## What you need

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

## Tools

- grill or grill pan

## Cooking tip

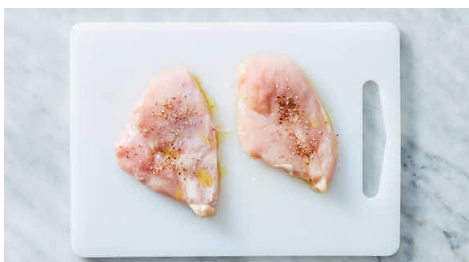
Preheat broiler with rack at the top. Broil rolls until toasted, 1-2 min per side. Heat an oiled heavy skillet over medium-high. Cook chicken until golden brown and cooked through, 2-3 min per side.

## Allergens

Wheat (1), 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 540kcal, Fat 28g, Carbs 27g, Protein 47g



### 1. Prep chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with **salt** and **pepper**, then drizzle with **oil**. Set aside until step 5.



### 2. Prep tomato & garlic

Preheat grill or grill pan to high (see front of recipe for alternative cooking method). Cut **tomato** into ½-inch thick wedges. Peel **1 large garlic clove**, then finely chop ¼ teaspoon and leave remainder of the clove whole.



### 3. Make sauce & dressing

In a small bowl, stir combine **mayonnaise**, **sour cream**, **chopped garlic**, **2 tablespoons pesto** (or more depending on preference), **1 tablespoon vinegar**, and **½ tablespoon water**. Transfer **2 tablespoons of the dressing** to a medium bowl. Set both bowls aside until step 6.



### 4. Grill ciabatta rolls

Split **ciabatta roll** horizontally, if necessary, and brush cut sides lightly with **oil**. Grill ciabatta on medium-high, turning once or twice, until charred in spots, 3-4 minutes (watch closely). Transfer to plates and rub with **remaining whole garlic clove**.



### 5. Grill chicken

Grill **chicken** on medium-high, turning once or twice, until lightly charred and cooked through, about 3 minutes per side.



### 6. Finish salad & serve

Add **spinach** and **tomatoes** to medium bowl with **dressing**, tossing to coat. Season to taste with **salt** and **pepper**. Tear **ciabatta** into large croutons, then add to salad and toss again. Serve **grilled chicken** with **remaining creamy pesto sauce** spooned over top, and **spinach salad** alongside. Enjoy!