



Pan-Roasted Chicken & Romaine Salad

with Tomatoes & Tahini Dressing



20-30min



2 Servings

We've given a simple salad of romaine lettuce and tomatoes a makeover with fresh herbs and an addictive tahini dressing. The creamy dressing complements the crunchy greens, and beautifully balances out the lighter flavors. We've topped it off with cumin-scented chicken that sends this salad straight into dinnertime.

What we send

- 1 lemon
- 1 oz tahini ¹¹
- ½ oz tamari soy sauce ⁶
- 1 romaine heart
- 1 pkg grape tomatoes
- ¼ oz fresh parsley
- ¼ oz fresh mint
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz ground cumin

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- meat mallet (or heavy skillet)
- medium skillet

Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 40g, Carbs 17g, Protein 44g



1. Make tahini dressing

Squeeze **2 tablespoons lemon juice** into a small bowl, then cut any remaining lemon into wedges. Whisk in **tahini**, **1½ teaspoons tamari**, **3 tablespoons oil**, and **½ teaspoon sugar**. Whisk in **1 teaspoon water** at a time, as needed to reach the consistency of heavy cream. Season to taste with **salt** and **pepper**.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, flipping once, 3-4 minutes per side. Transfer to a cutting board to rest.



2. Prep vegetables

Halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding end. Spread romaine out on a platter. Cut **half of the tomatoes** into quarters (save rest for own use). Pick **parsley and mint leaves** from stems, tearing any large leaves in half; discard stems.



5. Assemble & dress salad

Spread **romaine** on a platter. Scatter **tomatoes** and **⅔ each of the parsley and mint** over top. Drizzle **⅔ of the dressing** over salad.



3. Prep chicken

Pat **chicken** dry, then use a meat mallet (or heavy skillet) to pound to an even ½-inch thickness. Season all over with **salt**, **pepper**, and **1 teaspoon ground cumin**.



6. Finish & serve

Cut **chicken** crosswise into ½-inch strips. Spread over **romaine salad**. Drizzle with **remaining dressing**, then garnish with **remaining herbs**. Serve with **any lemon wedges** for squeezing over. Enjoy!