



## Grilled Chicken & Pea Salad

with Potatoes, Mint & Dijon Dressing



20-30min



2 Servings

We've borrowed this recipe from "Martha Stewart's Grilling." Don't have a grill or grill pan? This chicken can also be seared in a skillet: 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.

## What we send

- cucumbers
- Dijon mustard <sup>17</sup>
- boneless, skinless chicken breasts
- Boston lettuce
- peas
- fresh mint
- shallot
- lemon
- fingerling potato
- garlic

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- colander
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 730kcal, Fat 45g, Carbs 41g, Proteins 42g



### 1. Cook potatoes

Scrub **potatoes**, then halve lengthwise. Place in a medium saucepan along with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a knife but not falling apart, about 10 minutes. Add **peas** and boil, about 2 minutes more. Drain potatoes and peas and run under cold water; set aside.



### 4. Make dressing

Preheat a grill or grill pan to high. In a large bowl, whisk together **chopped shallots, all of the mustard, remaining lemon juice and garlic**, and **¼ cup oil**. Season to taste with **salt and pepper**.



### 2. Marinate chicken

While **potatoes** cook, peel and finely chop **1½ teaspoons garlic**. Squeeze **2 tablespoons lemon juice** into a small bowl. In a medium bowl, whisk together **2 tablespoons oil**, 1 tablespoon of the lemon juice, and 1 teaspoon of the garlic. Season with **salt and pepper**. Add **chicken** to bowl and toss to coat. Set aside to marinate at room temperature until step 5.



### 5. Grill chicken

Remove **chicken** from **marinade** and pat dry with paper towels. Brush grill or grill pan lightly with **oil**. Add chicken and grill on medium-high until chicken is cooked through and lightly charred, 3-4 minutes per side.



### 3. Prep ingredients

Peel and finely chop **2 tablespoons shallot**. Peel **cucumber** if desired, then halve lengthwise, and thinly slice into half moons. Remove stem end from **lettuce**, then separate leaves. Pick **mint leaves** from stems, discarding stems.



### 6. Assemble salad & serve

Add **lettuce, peas, potatoes**, and **cucumbers** to bowl with **dressing**. Toss gently to coat. Serve **salad** topped with **grilled chicken** and **mint leaves**. Enjoy!