

# MARLEY SPOON



## Chicken BLT on Ciabatta

with Crisp Green Salad & Garlic Aioli



20-30min



2 Servings

It's hard to improve something as delicious as a BLT, after all it's loved for a reason. But, this CBLT really ups the ante for all future BLT's. Tender seared chicken breast, thick-cut smoky bacon, juicy plum tomatoes, and crisp green leaf lettuce are piled high on a toasty ciabatta roll that's been smeared with garlic aioli.

### What we send

- 4 oz pkg thick-cut bacon
- 1 bunch green leaf lettuce
- 1 plum tomato
- 1 cucumber
- garlic
- 2 oz mayonnaise <sup>1,2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 2 ciabatta rolls <sup>3</sup>

### What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

### Tools

- medium skillet

### Allergens

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

### Nutrition per serving

Calories 1030kcal, Fat 60g, Carbs 52g, Protein 69g



#### 1. Cook bacon

Place **bacon** in a medium skillet. Set skillet over medium-high heat and cook until fat is rendered and bacon is crisp, 3-4 minutes per side.

Transfer bacon to a paper towel-lined plate. Leave **bacon fat** in skillet and reserve for step 4.



#### 4. Cook chicken

Pat **chicken** dry and season all over with **½ teaspoon salt** and **a few grinds pepper**.

Return reserved skillet with **bacon fat** to medium-high heat. Add chicken and cook until golden-brown and cooked through, 3-4 minutes per side.



#### 2. Prep ingredients

Halve **lettuce** through core (save half for own use). Reserve a few whole leaves for sandwiches, then cut lettuce crosswise into 1-inch ribbons.

Slice **tomato** into ¼-inch thick rounds. Reserve 4 slices, then roughly chop the remaining tomato slices. Halve **cucumber** (save rest for own use). Halve cucumber lengthwise (peel if desired), then thinly slice into half moons.



#### 5. Toast ciabatta

While **chicken** cooks, preheat broiler with a rack in the top position. Split **ciabatta rolls** in half. Drizzle cut-sides with **oil**.

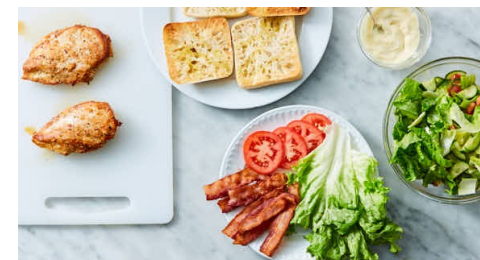
Place ciabatta directly on the top oven rack and broil until lightly golden-brown, about 2 minutes per side (watch closely as broilers vary).



#### 3. Prep dressing

Finely chop **½ teaspoon garlic**. In a small bowl, stir together **mayo** and garlic; season to taste with **salt** and **pepper**.

In a medium bowl, whisk together **2 tablespoons oil** and **1 tablespoon vinegar**. Add **chopped tomatoes** and **cucumbers** and toss to coat. Set aside to marinate until step 6.



#### 6. Assemble & serve

Add **chopped lettuce** to bowl with **tomatoes and cucumbers**. Season to taste with **salt** and **pepper**. Halve **chicken** crosswise, if desired. Spread **garlic mayo** on cut-sides of **ciabatta**. Top bottom buns with **chicken**, **bacon**, and **reserved tomato slices and lettuce leaves**. Close sandwiches and halve, if desired. Serve with **salad** alongside. Enjoy!