



## Southwestern Chicken Breast Superfood Salad

with Charred Jalapeño-Cilantro Vinaigrette



30-40min



2 Servings

This superfood salad is the epitome of abundance! Bursting with color and flavor, it's sure to be a crowd-pleaser. Over a bed of arugula, we layer lean chicken breasts, grilled corn, juicy tomatoes, crunchy almonds, and sweet peaches to create a textural wonderland. A homemade dressing of lime, cilantro, and grilled jalapeño adds a tangy, spicy kick, while creamy dollops of guacamole tie it all together.



## What we send

- 2 tomatoes on the vine
- 1 ear of corn
- 5 scallions
- 1 jalapeño chile
- 12 oz pkg boneless, skinless chicken breasts
- 1 peach
- 1 lime
- ¼ oz fresh cilantro
- 3 oz arugula
- 2 oz guacamole
- 1 oz salted almonds <sup>15</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- neutral oil

## Tools

- grill, grill pan, or broiler
- immersion blender, food processor, or blender

## Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 630kcal, Fat 35g, Carbs 36g, Protein 48g



### 1. Prep tomatoes

Preheat a grill or grill pan to medium-high. Chop **tomatoes** into ½-inch pieces. Toss in a small bowl with **a drizzle of olive oil** and **a pinch each of salt, sugar, and pepper**; set aside to marinate until ready to serve.

Shuck **corn**, removing any strings. Rub corn cob, **scallions**, and **jalapeño** all over with **neutral oil**; season with **salt** and **pepper**.



### 4. Prep ingredients

Peel **peach**, if desired, then slice into ¼-inch thick wedges.

When cool enough to handle, cut **corn kernels** off cob; discard cob. Trim root ends from **scallions**, then chop crosswise on an angle into 1-inch pieces. Remove **jalapeño** stem, then halve lengthwise and discard seeds and inner membranes (or leave in if you like it spicy!).



### 2. Grill veggies

Add **corn cob, jalapeño, and scallions** to grill. Cook, turning occasionally, until charred and cooked through, 6-10 minutes. Transfer to a cutting board; allow to cool.

(Alternatively, broil veggies on a foil-lined baking sheet on top oven rack until charred.)



### 5. Make dressing

Squeeze **juice from half of the lime** into a blender or bowl of a food processor; cut remaining half into wedges. To blender, add **jalapeño, ¼ of the scallions, 2 tablespoons cilantro leaves and stems, 3 tablespoons olive oil, and a pinch each of sugar, salt, and pepper**. Blend on high until smooth, stopping to scrape sides as needed. Transfer **dressing** to a small bowl; season to taste.



### 3. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Add chicken to grill and cook until lightly charred and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



### 6. Finish

In a large bowl, toss **arugula** with **1-2 tablespoons of the dressing**. Transfer to serving bowls or a large platter.

Arrange **chicken, tomatoes, peaches, corn, remaining grilled scallions, guacamole** and **almonds** over **salad**. Drizzle with **remaining dressing** and tear **remaining cilantro leaves** over top. Pass **lime wedges** for squeezing. Enjoy!