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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
- 1/4 oz fresh cilantro
- 3 oz arugula
- 2 oz quacamole
- 1 oz salted almonds 15

What you need

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

Tools

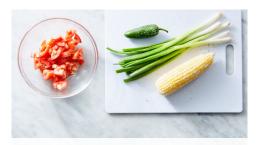
- grill, grill pan, or broiler
- immersion blender, food processor, or blender

Alleraens

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 mediumhigh. 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 **jalapeno** all over with **neutral oil**; season with **salt** and **pepper**.



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.)



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.



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!).



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.



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!