



Chicken, Tortelloni & Kale Pesto

with Tomato-Herb Salad



20-30min



2 Servings

This meal combines some of our favorite delights—pesto, tomatoes, and parsley. But, the twist here is that the pesto is a fresh sauce made of nutritious, delicious kale! Fresh parsley is tossed with sliced tomatoes and a slightly sweet white balsamic vinaigrette. Garlicky bread is perfect for sopping up every last drop of pesto.

What we send

- 1 bunch curly kale
- garlic
- 2 (¾ oz) Parmesan ¹
- 3 plum tomatoes
- ¼ oz fresh parsley
- 1 ciabatta roll ^{2,3}
- 1 oz salted almonds ⁴
- 9 oz cheese tortelloni ^{5,1,3}
- 10 oz pkg chicken breast strips

What you need

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

Tools

- large saucepan
- box grater
- rimmed baking sheet
- food processor (or blender)

Allergens

Milk (1), Soy (2), Wheat (3), Tree Nuts (4), Egg (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 40g, Carbs 78g, Protein 61g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Cover and keep warm over low heat. Preheat broiler with a rack in the top position.

Strip **kale leaves** from **stems**, discarding stems, and coarsely chop leaves. Finely chop **1 large garlic clove**. Coarsely grate **all of the Parmesan** on large holes of a box grater. Pat **chicken** dry; season with **salt** and **pepper**.



4. Make pesto

Combine **almonds**, **2 packed cups of kale**, and **remaining chopped garlic** in a food processor (or blender). Pulse until ingredients are finely chopped. While machine is running, add **¼ cup oil** and purée to a paste. Add **half of the Parmesan** and pulse to combine. (You should have about ¾ cup.) Season to taste with **salt** and **pepper**.



2. Make tomato-parsley salad

Cut **tomatoes** into ½-inch pieces. Pick **parsley leaves** from stems; discard stems. Coarsely chop **parsley leaves**. In a small bowl, combine **tomatoes**, **parsley**, **1 tablespoon red wine vinegar**, **¼ of the chopped garlic**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**; let sit until step 6.



5. CHICKEN VARIATION

Return **water** to a boil. Add **tortelloni** and cook, stirring occasionally, until al dente, about 3 minutes. Reserve **¼ cup cooking water**, then drain tortelloni.

Heat **1 tablespoon oil** in same saucepan over medium-high. Add **chicken** and cook, stirring occasionally until well browned and cooked through, 4–5 minutes.



3. Make garlic toast

Cut **roll** into ½-inch slices, brush on both sides with **oil**, and place on a foil-lined baking sheet. Broil on top oven rack until toasted, flipping once, about 1 minute per side (watch closely as broilers vary). Rub toasted bread lightly with **1 whole garlic clove** and season with **salt**.



6. Finish & serve

Add **tortelloni** and **half of the pesto** (save rest for own use) to skillet with **chicken** and toss to coat. Stir in **reserved cooking water** to loosen; season to taste with **salt** and **pepper**.

Spoon **tortelloni** into bowls and top with **tomato-parsley salad**. Sprinkle with **remaining Parmesan**, drizzle with **oil**, and serve with **garlic toast**. Enjoy!