



Grilled Za'atar Chicken Salad

with Fried Capers & Tahini Dressing



30min



2 Servings

We don't play favorites when it comes to spice blends, but za'atar is up there as one of the best! This lively Mediterranean mix combines dried herbs, sesame seeds, and vibrant sumac. While it's great on pretty much everything, we love using it to jazz up grilled chicken breasts. We pair the chicken with lettuce, snap peas, fried capers, crunchy almonds, mint, and a creamy tahini sauce—this salad is anything but ordinary.

What we send

- 1 oz capers ¹⁷
- ¼ oz za'atar spice blend ¹¹
- garlic
- 1 oz tahini ¹¹
- ½ oz honey
- 12 oz pkg boneless, skinless chicken breasts
- 1 romaine heart
- 4 oz snap peas
- ¼ oz fresh mint
- 1 oz salted almonds ¹⁵

What you need

- olive oil
- red wine vinegar (or apple cider vinegar) ¹⁷
- kosher salt & ground pepper

Tools

- grill or grill pan
- microwave-safe bowl

Cooking tip

No microwave? Heat capers in a small skillet over medium-high. No grill or grill pan? Heat 1 tablespoon oil in a skillet over medium-high. Add chicken; cook until cooked through, 4-6 minutes per side.

Allergens

Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 33g, Carbs 20g, Protein 48g



1. Fry capers

Preheat grill to medium-high, if using. Drain **capers**, then pat very dry. Transfer to a small microwave-safe bowl and add **3 tablespoons oil** (oil should just cover capers). Cover bowl with a dry paper towel; microwave until oil is bubbling and capers are crisp, 2-4 minutes. Carefully, use a slotted spoon to transfer capers to paper towel-lined plate. Reserve **oil** in bowl.



4. Grill chicken

Preheat a grill pan over medium-high, if using. Pat **chicken** dry, season all over with **salt** and **pepper**, and drizzle with **remaining caper oil**. Transfer chicken to grill or grill pan and cook until lightly charred and cooked through, 4-6 minutes per side. Transfer grilled chicken to bowl with **za'atar marinade** and turn to coat. Set aside until ready to serve.



2. Make za'atar marinade

Meanwhile, finely chop **1 teaspoon garlic**. In a medium bowl, stir to combine **za'atar spice blend, garlic, 1 tablespoon of the reserved caper oil, 1 tablespoon vinegar, and a pinch each of salt and pepper**. Set marinade aside until step 4.



5. Prep salad

Meanwhile, coarsely cut or tear **lettuce** crosswise into 1-inch pieces; discard stem end. Thinly slice **snap peas** lengthwise. Pick **mint leaves** from stems and tear any large leaves in half; discard stems. Coarsely chop **almonds**.



3. Make tahini sauce

In a small bowl, whisk to combine **tahini, honey, 1½ tablespoons water, 1 tablespoon of the reserved caper oil, and 1 teaspoon vinegar**. Season to taste with **salt** and **pepper**. Set tahini sauce aside until ready to serve.



6. Serve

Plate **lettuce** and top with **mint leaves** and **snap peas**. Thinly slice **chicken** and place on top of greens, spooning **any za'atar marinade** over. Drizzle **tahini sauce** on top and garnish with **fried capers** and **chopped almonds**. Enjoy!