



## Seared Chicken Salad with Maple-Glazed Pears

Blue Cheese & Walnuts



40min



2 Servings

If the aromas of sweet and savory roasted pears and sweet potatoes don't make your stomach growl, the juicy chicken breasts will. This autumnal meal features tender chicken atop a fresh spinach salad with the roasted fruit and veggies, plus blue cheese, toasted walnuts, and a drizzle of the warm pan vinaigrette. The combination of textures and flavors create an ultra-satisfying dinner that you'll have on repeat all year long.



## What we send

- 1 sweet potato
- 1 pear
- 1 oz walnuts <sup>15</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt Dijon mustard <sup>17</sup>
- 1 oz maple syrup
- 3 oz baby spinach
- 1 oz blue cheese crumbles <sup>7</sup>

## What you need

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

## Tools

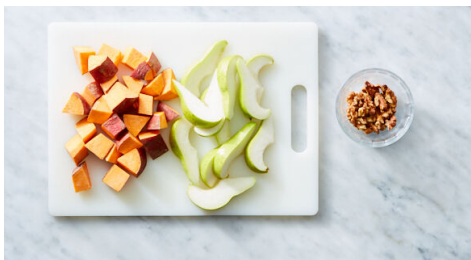
- rimmed baking sheet
- medium skillet

## Allergens

Milk (7), Tree Nuts (15), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 51g, Carbs 52g, Protein 48g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third.

Cut **sweet potato** into 1-inch pieces. Halve **pear** lengthwise, remove core and stem, then cut each half into ½-inch thick wedges.

Transfer **walnuts** to a rimmed baking sheet. Bake on lower oven rack until toasted and fragrant, 6-8 minutes (watch closely as nuts can burn easily). Transfer to a bowl.



### 4. Make vinaigrette

Reduce skillet heat to medium. Add **2 tablespoons water** and cook, stirring and scraping up any browned bits from the bottom, about 30 seconds.

Off heat, add **Dijon mustard, ½ teaspoon maple syrup, 2 tablespoons oil**, and **1 teaspoon vinegar**. Whisk to combine; thin with water to reach desired consistency. Season to taste with **salt and pepper**.



### 2. Roast pears & potatoes

Add **pears** and **sweet potatoes** to same rimmed baking sheet, keeping them separate. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

Roast on lower oven rack until browned and tender, flipping halfway through, 25-30 minutes.



### 5. Glaze pears & potatoes

Toss **sweet potatoes** and **pears** with **remaining maple syrup**. Continue roasting until caramelized, about 5 minutes.



### 3. Sear chicken

Pat **chicken** dry and season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



### 6. Finish & serve

Toss **spinach** with **a drizzle of oil and vinegar** and **a pinch of salt**. Thinly slice **chicken**.

Serve **spinach** with **pears, sweet potatoes, walnuts, blue cheese**, and **chicken** over top. Drizzle with **warm vinaigrette**. Enjoy!