



Fast! Buffalo Chicken Salad

with Blue Cheese & Ranch



ca. 20min



2 Servings

Who doesn't love an order of Buffalo wings with all the fixings? This salad combines these favorite flavors without the mess! Tangy Buffalo sauce-coated chicken strips sit atop a crunchy heap of romaine, celery, cucumber, and tomatoes. Blue cheese crumbles and ranch dressing temper the saucy heat of the chicken, adding creamy coolness. Place this on the dinner table and watch it disappear!

What we send

- 1 romaine heart
- 2 oz celery
- 1 cucumber
- 6 oz grape tomatoes
- 2 oz Buffalo sauce
- 1 oz blue cheese crumbles ⁷
- 1½ oz ranch dressing ^{3,7}
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- medium skillet

Cooking tip

To quickly halve the grape tomatoes, sandwich them between two deli container lids to hold them in place. Using a sharp knife, slice in between the lids.

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 410kcal, Fat 25g, Carbs 20g, Protein 33g



1. Cook chicken

Pat **chicken strips** dry; season with a **pinch each of salt and pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



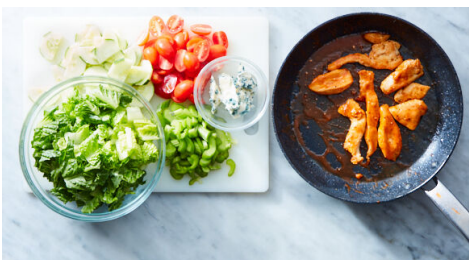
2. Prep ingredients

Halve **romaine** lengthwise, then slice crosswise into 1-inch wide ribbons; discard stem. Thinly slice **celery** on an angle into ⅜-inch slices. Halve **cucumber** crosswise (save one half for own use). Peel cucumber, if desired, halve lengthwise and thinly slice crosswise into ¼-inch half-moons. Halve **tomatoes**.



3. Add Buffalo sauce

When **chicken** is finished cooking, immediately add **Buffalo sauce** to skillet and toss.



4. Build salads

Transfer **lettuce** to serving bowls. Divide **tomatoes, cucumbers, celery**, and **buffalo chicken** between bowls. Crumble **blue cheese** over top.



5. Add ranch dressing

Add **ranch dressing** to **Buffalo chicken salad**.



6. Serve

Enjoy!