

DINNERLY



Low-Carb Chicken BLT Bowl

with Ranch Dressing & Homemade Croutons



under 20min



2 Servings

There's only one thing that can make a classic BLT even better. Any guesses? Chicken—duh. Because we didn't think just once source of protein was enough for this low-carb bowl. To up the ante even more, we also threw in a generous drizzle of ranch dressing and super quick homemade croutons. Thank us now, not later. We've got you covered!

WHAT WE SEND

- 4 oz pkg thick-cut bacon
- 1 romaine heart
- 1 plum tomato
- 1 mini French roll ²
- ½ lb pkg chicken breast strips
- 2 (1½ oz) ranch dressing ^{1,3}

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- medium skillet
- rimmed baking sheet

COOKING TIP

Have an air fryer? Use it to make the croutons! In a small bowl, toss bread with 1 tablespoon oil or coat with nonstick cooking spray. Cook at 350°F until golden, about 5 minutes. Tear into pieces.

ALLERGENS

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

NUTRITION PER SERVING

Calories 690kcal, Fat 48g, Carbs 16g, Protein 50g



1. Cook bacon

Preheat broiler with a rack in the upper third.

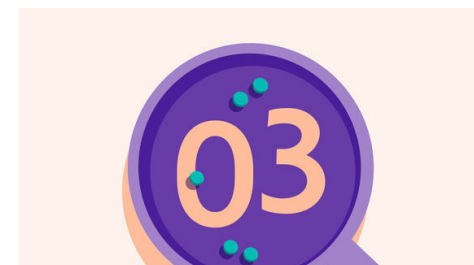
Cut **bacon** into 1-inch pieces and place in a medium skillet. Cook over medium-high heat, stirring occasionally, until golden brown and crisp, about 5 minutes. Transfer to a paper towel-lined plate. Discard **all but 1 tablespoon bacon fat**; reserve in skillet.



2. Prep veggies & croutons

Meanwhile, cut **romaine** crosswise into 1-inch pieces, discarding end. Cut **tomato** into 1-inch pieces.

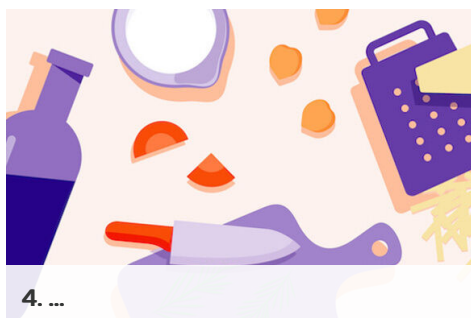
Tear **bread** into ½-inch pieces. Toss on a rimmed baking sheet with **1 tablespoon oil**. Broil on upper oven rack until golden brown, shaking sheet halfway through cooking time, 2–4 minutes (watch closely as broilers vary).



3. Cook chicken & serve

Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **reserved bacon fat** in 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.

Serve **lettuce** and **tomatoes** in bowls with **bacon, chicken, croutons**, and **ranch dressing** over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!