



## Mediterranean Salad with Chicken Cutlet

Falafel Croutons & Creamy Tahini Dressing



ca. 20min



2 Servings

Complex Mediterranean flavors and a variety of texture makes this salad the furthest thing from boring. Our ready-made falafel makes delightfully crunchy croutons, while our ready to heat chicken cutlet adds a protein punch. It's all served alongside quick-pickled onions, olives, feta, and fresh dill. We stir together nutty tahini sauce and sour cream for a quick yet flavorful dressing to drizzle all over top.



## What we send

- 1 red onion
- 1 oz sour cream <sup>7</sup>
- 1 oz tahini <sup>11</sup>
- ½ lb pkg falafel
- 1 romaine heart
- 2 oz roasted red peppers
- ¼ oz fresh dill
- 1 oz Kalamata olives
- 1 pkg feta <sup>7</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,3,7</sup>

## What you need

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

## Tools

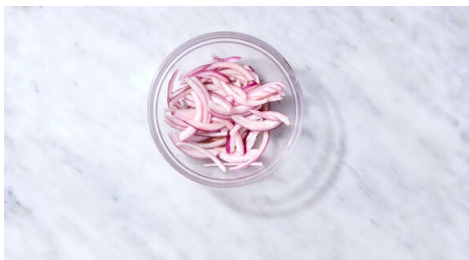
- medium nonstick skillet

## Allergens

Wheat (1), Egg (3), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 970kcal, Fat 66g, Carbs 64g, Protein 37g



### 1. Pickle onions; make sauce

Halve **onion** and thinly slice 1 half (save rest for own use). Toss in a small bowl with **1 tablespoon vinegar** and a **pinch each of salt and sugar**. Set aside to pickle, stirring occasionally, until ready to serve.

In a 2nd small bowl, whisk to combine **sour cream, tahini**, and **2 tablespoons water** (thin with more water until pourable); season to taste with **salt** and **pepper**.



### 4. Make salad

Thinly slice **lettuce**. Finely chop **roasted peppers**, if necessary.

In a large bowl, whisk to combine **peppers, 2 tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Add lettuce and toss to coat.



### 2. Cook chicken cutlet

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2-4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**. Reserve skillet.



### 5. Finish & serve

Pick **dill fronds** from stems and coarsely chop; discard stems. Cut **chicken cutlets** into ½-inch slices.

Serve salad topped with **olives, pickled onions, chicken, falafel croutons, tahini dressing, dill**, and **crumbled feta**. Enjoy!



### 3. Fry falafel

Divide each **falafel ball** in half. Gently roll each half into a small disk, pressing mixture together so it doesn't fall apart. Falafel will yield 16 disks in total.

Heat **¼-inch oil** in same skillet over medium-high until shimmering. Add falafel and fry until deeply golden brown, 1-3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



### 6. Rate your plate!

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