



Low-Carb Chicken Cobb Salad with Corn & Mushroom "Bacon"



20-30min



2 Servings

We love our veggies! And we definitely don't think meat-eaters should have all the bacon fun. So we took the umami-bomb of the plant world—mushrooms—and turned it into crispy, bacon-like bites that top this version of a Cobb salad with chicken. We've got you covered!

WHAT WE SEND

- 4 oz mushrooms
- 1 cucumber
- 1 plum tomato
- 1 romaine heart
- 5 oz corn
- ½ lb pkg chicken breast strips
- 2 oz feta ⁷

WHAT YOU NEED

- 2 large eggs ³
- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 43g, Carbs 30g, Protein 42g



1. Hard boil eggs

Preheat oven to 425°F with a rack in the upper third.

Place **2 large eggs** in a small saucepan. Add enough water to cover by 1 inch. Bring to a boil, cover, and remove from heat; let cook until eggs are set, about 10 minutes. Using a slotted spoon, remove from saucepan and place in a bowl of **ice water** until step 5.



2. Roast mushroom "bacon"

While **eggs** cook, discard stems from **mushrooms**, then thinly slice caps. On a rimmed baking sheet, toss with **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Roast on upper oven rack until deep golden-brown and begin to crisp, 10–15 minutes. Transfer to a plate; reserve baking sheet for step 4.



3. Prep veggies

Trim ends from **cucumber** (peel if desired) and cut into ¼-inch pieces.

Cut **tomato** into ½-inch pieces.

Trim ends from **lettuce**, then tear into bite-size pieces (about 8 cups, loosely packed). Set veggies aside until ready to serve.



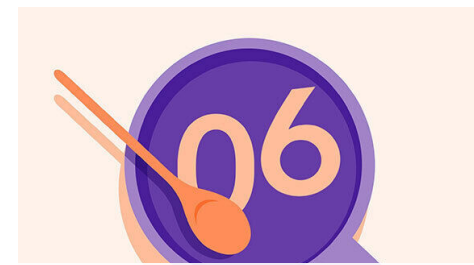
4. Broil corn

Switch oven to broil. On reserved baking sheet, toss **corn** with **a drizzle of oil** and **a pinch each of salt and pepper**. Broil on upper oven rack until browned in spots, 2–3 minutes (watch closely as broilers vary).



5. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon 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.



6. Finish & serve

Once **eggs** are cool, remove shells and slice crosswise into ¼-inch rounds.

In a large bowl, combine **1 tablespoon vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Add **lettuce** and toss to coat.

Top **dressed lettuce** with **chicken**, **tomatoes**, **cucumbers**, **eggs**, **corn**, **mushroom "bacon"**, and **crumbled feta**. Enjoy!