

DINNERLY



Easy Clean Up! Balsamic Chicken & Peach Salad

with Feta & Sunflower Seeds



ca. 20min



2 Servings

If there was ever a dish that screams fresh, healthy, delicious, and ridiculously easy, this is it. You've got your greens, fruits, protein, and healthy fats, all in one not-boring salad. Plus, all it needs to come together is a skillet and a cutting board. What could be better than that? We've got you covered!

WHAT WE SEND

- 1 peach
- 1 plum tomato
- ½ lb pkg chicken breast strips
- 5 oz baby spinach
- 2 oz feta ⁷
- 2 oz balsamic vinaigrette
- 1 oz salted sunflower seeds

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

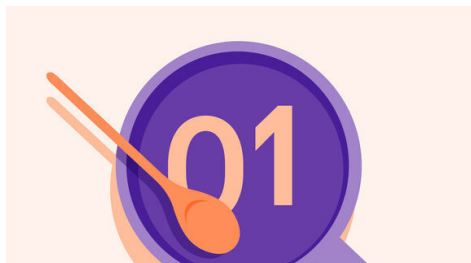
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

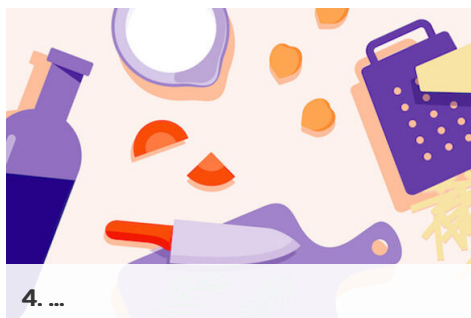
Calories 430kcal, Fat 27g, Carbs 20g, Protein 36g



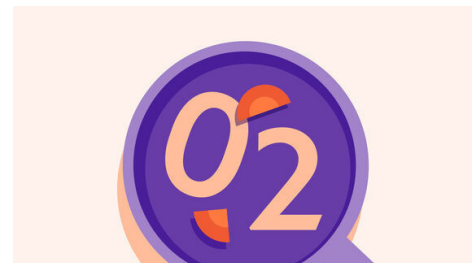
1. Prep & cook peaches

Halve **peach** and discard pit; cut each half into quarters. Cut **tomato** into wedges. Pat **chicken** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add peaches and cook until browned and just tender, 1–2 minutes per side. Transfer to a plate; reserve **oil** in skillet.



What were you expecting, more steps?



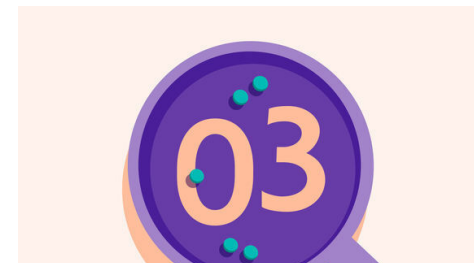
2. Cook chicken

To same skillet over medium-high heat, add **chicken** in a single layer; cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more. Transfer to plate with **peaches**.

Reduce heat to low. Whisk in **2 teaspoons water**, scraping up any browned bits from bottom of skillet.

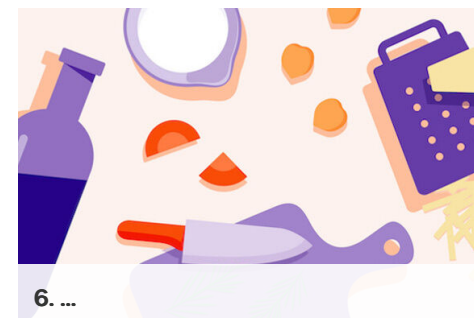


You're not gonna find them here!



3. Finish & serve

Divide **spinach** between plates. Top with **chicken, peaches, feta**, and **tomatoes**. Serve **chicken and peach salad** with **balsamic vinaigrette** and **sunflower seeds** over top. Enjoy!



Kick back, relax, and enjoy your Dinnerly!