



Grilled Cajun Chicken

Peach-Spinach Salad & Dried Cherry Dressing



20-30min



2 Servings

This loaded salad is as hearty as they come! Chicken breasts and juicy peaches get the Southern treatment with a Cajun spice rub, bringing smoky heat to counterbalance the sweeter elements of this dish. We toss the grilled peaches with nutrient-rich spinach, pickled shallots, dried cherries and crunchy almonds to create a delicious medley of taste and texture. No grill? See cooking tip.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- 1 peach
- ¼ oz Cajun seasoning
- 1 shallot
- 1 oz salted almonds ¹
- 1 oz dried cherries
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar

Tools

- grill or grill pan
- meat mallet (or heavy skillet)

Cooking tip

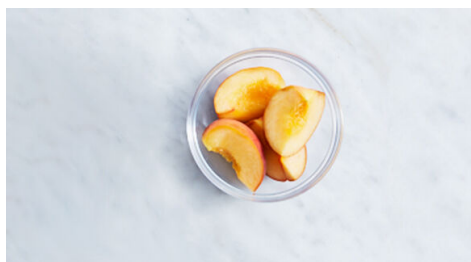
Cook chicken in oiled skillet over medium-high until internal temperature reaches 145°F, 2-3 min per side; wipe out skillet. Add peaches, cut side down; cook until lightly charred, 2-4 min per side.

Allergens

Tree Nuts (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 24g, Carbs 39g, Protein 46g



1. Prep chicken & peaches

Light a grill to high, if using.

Pat **chicken** dry.

Cut **peach** into quarters, discarding pit.



4. Make dressing

In a large bowl, whisk **1 tablespoon each of vinegar and oil**, and **½ teaspoon sugar**; season to taste with **salt** and **pepper**.

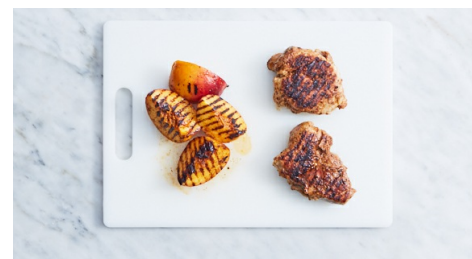
Add **sliced shallots** and **dried cherries**; let sit until ready to serve.



2. Marinate chicken

In a small bowl, combine **1½ teaspoons Cajun spice blend** (or more, depending on heat preference) and **1 tablespoon oil**; season with **salt**.

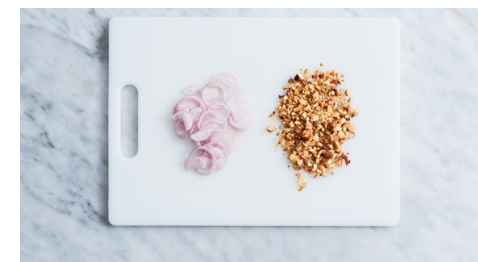
Rub **spice mixture** all over **chicken** and **peaches**. Let sit until step 5.



5. Grill chicken & peaches

Heat a grill pan over high, if using. **Oil** grill grates.

Brush **chicken** and **peaches** lightly with **oil** add to grill or grill pan; reduce heat to medium, cover, and cook, until chicken is lightly charred and cooked through, about 3-4 minutes per side. Peaches should be lightly charred and softened, 8-10 minutes. Transfer to cutting board.



3. Prep ingredients

Thinly slice **¼ cup of shallot**. Coarsely chop **almonds**.



6. Finish & serve

Cut **peach wedges** in half lengthwise and add to **dressing** along with **spinach** and **half of the almonds**. Season to taste with **salt** and **pepper**, then toss to combine.

Transfer **chicken** and **salad** to plates and sprinkle with **remaining almonds**. Enjoy!