

# DINNERLY



## Buffalo Chicken Salad with Ranch Dressing



ca. 20min



2 Servings

America's favorite sauces unite for this fresh and filling salad. We toss crisp lettuce, juicy tomatoes, cucumbers and onions with ranch dressing and then top it off with sweet and tangy Buffalo chicken. Melt some butter in with the chicken and Buffalo sauce for even more flavor. We've got you covered!

### WHAT WE SEND

- 1 romaine heart
- 2 plum tomatoes
- 1 cucumber
- 1 red onion
- ½ lb pkg chicken breast strips
- 2 (1½ oz) ranch dressing <sup>3,7</sup>
- 2 oz Buffalo sauce

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- butter (optional) <sup>7</sup>

### TOOLS

- medium skillet

### ALLERGENS

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

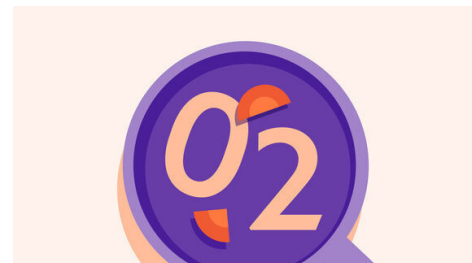
### NUTRITION PER SERVING

Calories 420kcal, Fat 28g, Carbs 20g, Protein 30g



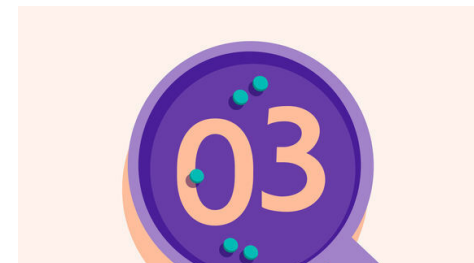
#### 1. Prep ingredients

Cut **romaine** into 1-inch pieces. Quarter **tomatoes** lengthwise and cut into ½-inch pieces. Peel **cucumber** if desired and then cut into ½-inch pieces. Halve **onion** and thinly slice one half (save rest for own use).



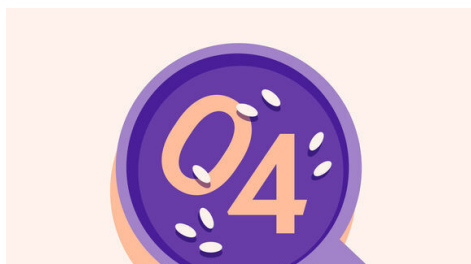
#### 2. Cook chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 5–7 minutes flipping halfway.



#### 3. Dress salad

Meanwhile, toss **romaine** with **ranch dressing**. Transfer to plates and top with **tomatoes, cucumbers, and red onions**.



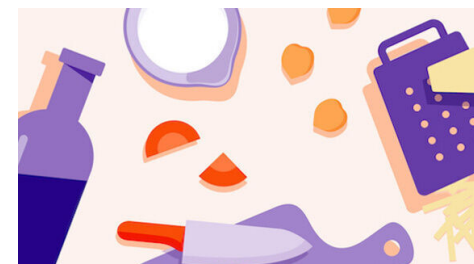
#### 4. Sauce & serve

Reduce heat to medium and add **Buffalo sauce** to skillet with **chicken**. Optionally add **1 tablespoon butter**. Toss until chicken is evenly coated; remove from heat. Top **salad** with **Buffalo chicken** and **additional sauce** spooned over the top. Serve and enjoy!



#### 5. ...

What were you expecting, more steps?



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!