



Grilled Chicken Salad

with Nectarines, Almonds & Green Beans



20-30min



2 Servings

Sweet and savory comes together in the form of sweet summer nectarines and flavorful grilled chicken. Arugula lends a peppery bite, and green beans provide a great textural contrast to the soft fruit. If you don't have a grill or grill pan, preheat the oven to broil with a rack in the top position. Broil chicken on a rimmed baking sheet until cooked through, about 4 minutes per side.

What we send

- 1 nectarine
- 1 bag arugula
- ½ lb green beans
- 1 oz salted almonds ¹
- 1 oz pumpkin seeds
- 10 oz pkg chicken breast strips
- ½ oz whole-grain mustard
- ½ oz honey

What you need

- kosher salt & pepper
- olive oil
- balsamic vinegar (or red wine vinegar)

Tools

- grill or grill pan
- medium saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 600kcal, Fat 35g, Carbs 30g, Protein 44g



1. Prep ingredients

Preheat a grill to medium-high, if using. Bring a medium saucepan of **salted water** to a boil; simmer over low heat until step 4.

Halve **nectarine**, remove pit, and cut into thin wedges. Remove any long stems or roots from **arugula**; wash and dry well. Remove stem ends from **green beans** and cut in half crosswise.



4. Cook green beans

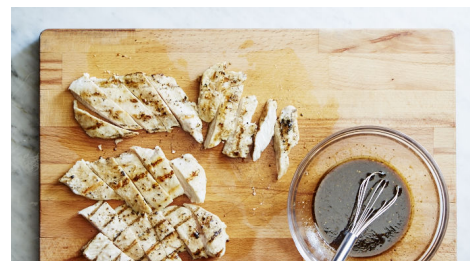
Meanwhile, return water in saucepan to a boil. Add **green beans** and cook, until tender, about 3 minutes. Drain and rinse under **cold water**. Transfer to a paper towel-lined plate and pat dry.



2. Toast nuts and seeds

Coarsely chop **almonds**. Heat **3 tablespoons oil** in a medium skillet over medium-high. Add **almonds** and **pumpkin seeds** and cook, stirring, until toasted, 2-3 minutes.

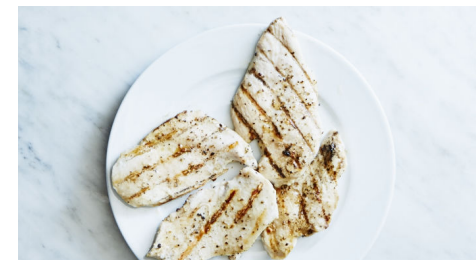
Using a slotted spoon, transfer nuts to a small bowl. Let skillet cool slightly, then carefully pour **nut oil** into a large bowl and reserve for step 5.



5. Mix dressing

To bowl with **reserved nut oil**, whisk to combine **mustard**, **honey**, and **2 tablespoons vinegar**; season to taste with **salt** and **pepper**.

Transfer **half of the dressing** to a small bowl for garnishing.



3. Grill chicken

Preheat a grill pan to medium-high, if using. Pat **chicken** dry; season with **salt** and **pepper**. Brush grill grates with **oil**. Grill chicken until lightly charred and cooked through, 4-5 minutes per side (reduce heat if browning too quickly). Transfer to a plate and tent with foil. (See front of recipe for alternate cooking instructions).



6. Finish & serve

To large bowl with **dressing**, add **arugula**, **green beans**, **nectarines**, and **half of the toasted nuts**; season to taste with **salt** and **pepper**. Spread on a platter, then top with **grilled chicken**. Drizzle with **remaining dressing**, then sprinkle with **remaining nuts**. Enjoy!