



## Mediterranean Salad with Chicken Cutlet

Falafel Croutons & Creamy Tahini Dressing



ca. 20min



2 Servings

Complex Mediterranean flavors and a variety of texture makes this salad the furthest thing from boring. Our ready-made falafel makes delightfully crunchy croutons, while our ready to heat chicken cutlet adds a protein punch. It's all served alongside quick-pickled onions, olives, feta, and fresh dill. We stir together nutty tahini sauce and sour cream for a quick yet flavorful dressing to drizzle all over top.



## What we send

- 1 red onion
- 1 oz sour cream <sup>2</sup>
- 1 oz tahini <sup>3</sup>
- ½ lb pkg falafel
- 1 romaine heart
- 2 oz roasted red peppers
- ¼ oz fresh dill
- 1 oz Kalamata olives
- 2 oz feta <sup>2</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,4</sup>

## What you need

- red wine vinegar
- kosher salt & ground pepper
- sugar
- olive oil

## Tools

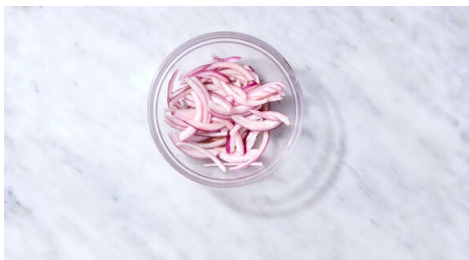
- medium nonstick skillet

## Allergens

Egg (1), Milk (2), Sesame (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 970kcal, Fat 66g, Carbs 64g, Protein 37g



### 1. Pickle onions; make sauce

Halve **onion** and thinly slice 1 half (save rest for own use). Toss in a small bowl with **1 tablespoon vinegar** and a **pinch each of salt and sugar**. Set aside to pickle, stirring occasionally, until ready to serve.

In a 2nd small bowl, whisk to combine **sour cream, tahini**, and **2 tablespoons water** (thin with more water until pourable); season to taste with **salt and pepper**.



### 4. Make salad

Thinly slice **lettuce**. Finely chop **roasted peppers**, if necessary.

In a large bowl, whisk to combine **peppers, 2 tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt and pepper**. Add lettuce and toss to coat.



### 2. Cook chicken cutlet

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2-4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt and pepper**. Reserve skillet.



### 5. Finish & serve

Pick **dill fronds** from stems and coarsely chop; discard stems. Cut **chicken cutlets** into ½-inch slices.

Serve salad topped with **olives, pickled onions, chicken, falafel croutons, tahini dressing, dill**, and **crumbled feta**. Enjoy!



### 3. Fry falafel

Divide each **falafel ball** in half. Gently roll each half into a small disk, pressing mixture together so it doesn't fall apart. Falafel will yield 16 disks in total.

Heat **¼-inch oil** in same skillet over medium-high until shimmering. Add falafel and fry until deeply golden brown, 1-3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.