

DINNERLY



Low-Carb Chicken Caesar Kale Salad with Parmesan Crisps



20-30min



2 Servings

This isn't your grandma's Caesar salad. For this 21st century makeover, we sub in tender, nutritious kale and make fancy restaurant-quality Parmesan crisps. We toss the kale in a classic Caesar dressing before topping it with tender chicken breasts and a shower of Parmesan. The cheese crisps make this salad a special occasion—no matter when you have it. We've got you covered!

WHAT WE SEND

- 1 bunch curly kale
- 2 (¾ oz) Parmesan ³
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz all-purpose spice blend
- 1 pkt Caesar dressing ^{1,2,3,4}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- parchment paper
- microplane or grater
- aluminium foil

COOKING TIP

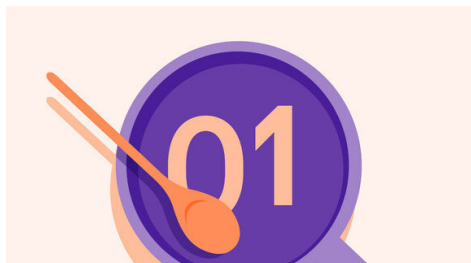
Massaging kale tenderizes it by breaking down some of the tough fibers and infuses it with the seasonings.

ALLERGENS

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

NUTRITION PER SERVING

Calories 570kcal, Fat 28g, Carbs 10g, Protein 43g



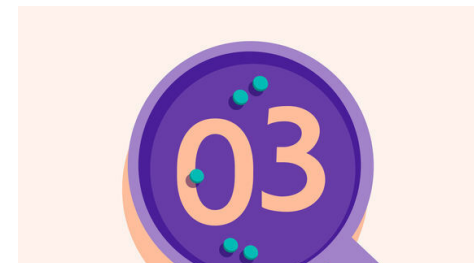
1. Prep ingredients

Preheat oven to 400°F with racks in the center and top positions. Line a rimmed baking sheet with parchment. Strip **kale leaves** from tough stems; discard stems. Cut or tear kale into bite-sized pieces. In a large bowl, massage kale with 2 **tablespoons oil**; set aside. Finely grate all the **Parmesan**, if necessary.



2. Bake cheese crisps

Add **half of the Parmesan** to the prepared baking sheet and divide into 1 tablespoon-sized piles. Pat each pile into a 2-inch round. Bake on center rack until light golden brown, 6–8 minutes. Let cool on baking sheet for at least 3 minutes then transfer cheese crisps to a plate. Discard parchment paper and line baking sheet with foil. Switch oven to broil.



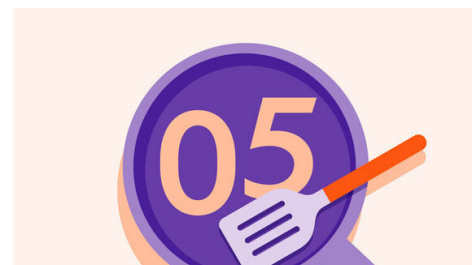
3. Make dressing

Meanwhile, set aside 1 **tablespoon Parmesan** for garnish. In a small bowl, whisk together **caesar dressing** and **remaining Parmesan**. Set aside.



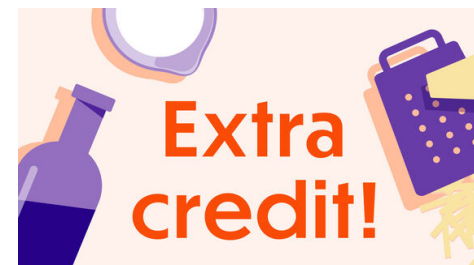
4. Cook chicken

Pat **chicken** dry. In a small bowl, toss chicken with **all-purpose seasoning**, 1 **tablespoon oil**, and **salt** and **pepper**. Transfer to prepared baking sheet. Broil on top rack until chicken is browned in spots on top and cooked through, 7–8 minutes (watch carefully as broilers vary). Allow chicken to rest for at least 5 minutes.



5. Finish & serve

Add **dressing** to **kale**; mix well to coat. Season to taste with **salt** and **pepper**, if necessary. Divide **salad** between plates. Cut **chicken** into pieces and add to salads. Sprinkle with **reserved Parmesan** and garnish with **cheese crisps** (break into smaller pieces, if desired). Enjoy!



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.