

DINNERLY



Peach Salad & Readymade Chicken Cutlet

with Feta & Sunflower Seeds



ca. 20min



2 Servings

If there was ever a dish that screams fresh, healthy, delicious, and ridiculously easy, this is it. You've got your greens, fruits, protein, and healthy fats, all in one not-boring salad. Plus, all it needs to come together is a skillet and a cutting board. What could be better than that? We've got you covered!

WHAT WE SEND

- 1 peach
- 1 plum tomato
- ½ lb pkg ready to heat chicken cutlets ^{1,2,3}
- 5 oz baby spinach
- 2 oz feta ²
- 1 pkt balsamic vinaigrette
- 1 oz salted sunflower seeds

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 580kcal, Fat 39g, Carbs 37g, Protein 27g



1. Prep & cook peaches

Halve **peach** and discard pit; cut each half into quarters. Cut **tomato** into wedges. Pat **chicken** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add peaches and cook until browned and just tender, 1–2 minutes per side. Transfer to a plate; reserve **oil** in skillet.



2. CHICKEN CUTLET VARIATION

To same skillet over medium-high heat, add **chicken cutlets** and 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**.

Reduce heat to low. Whisk in **2 teaspoons water**, scraping up any browned bits from bottom of skillet. Drizzle over peaches on plate.



3. Finish & serve

Slice **chicken**. Divide **spinach** between plates. Top with **chicken, peaches, feta**, and **tomatoes**. Serve **chicken and peach salad** with **balsamic vinaigrette** and **sunflower seeds** over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!