

MARLEY SPOON



Sesame Kale Salad & Pan-Fried Chicken

with Edamame, Almonds & Mint



20-30min



2 Servings

This refreshingly crisp salad has layers of flavor and texture, plus plenty of protein to make this dinner-worthy. We toss thinly sliced kale, shredded carrots, and fresh mint in a sesame dressing while we fry sesame-crusted chicken to crispy perfection. Warm edamame and crunchy almonds round out this hearty salad—perfect for anytime of day!

What we send

- 3 oz carrots
- 1 bunch curly kale
- 2½ oz edamame ²
- 1 oz roasted almonds ³
- 1 oz panko ⁴
- ¼ oz pkt toasted sesame seeds ¹
- ¼ oz shichimi togarashi ¹
- ¼ oz fresh mint
- 2 oz sesame dressing ^{1,2,4}
- 10 oz pkg chicken breast strips

What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper

Tools

- box grater
- medium nonstick skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 630kcal, Fat 31g, Carbs 42g, Protein 46g

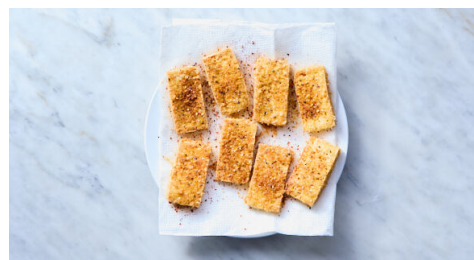


THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep chicken

Pat **chicken** dry. Season all over with **salt** and **pepper**.



4. Fry chicken

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches so as to not overcrowd the pan, add **chicken** and fry until deeply golden brown and cooked through, 3–4 minutes per side. Transfer to a paper towel-lined plate and immediately sprinkle with **schichimi togarashi**.



2. Prep veggies

Grate **carrot** on the large holes of a box grater. Strip **kale leaves** from tough stems; discard stems and thinly slice leaves.

Transfer **edamame** to a microwave-safe bowl, cover with a damp paper towel, and microwave until beans are warmed through, 1–2 minutes.

Coarsely chop **almonds**.



5. Toss salad & serve

Pick **mint leaves** from stems and coarsely chop; discard stems. Toss **kale, carrots, and mint** with **sesame dressing** (optionally add **1 teaspoon vinegar** if dressing is too sweet). Season to taste with **salt** and **pepper**.

Transfer **salad** to plates and top with **edamame, almonds, and crispy chicken**. Enjoy!



3. Coat chicken

In a medium bowl or plate, combine **panko** with **sesame seeds**. Working one at a time, add **chicken strips** to panko mixture and press lightly so that panko sticks to chicken. Transfer to a 2nd plate and repeat with remaining chicken. Return chicken to bowl and coat with another layer of panko, pressing lightly to help breading adhere.



6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.