

DINNERLY



Epic Chopped Chicken Salad with Fried Onions & Sesame Dressing



20-30min



2 Servings

Sad, boring salads? Not on Dinnerly's watch. For the base, we toss crisp lettuce and cucumbers in a nutty sesame dressing. For the main event, we glaze chicken strips in more sesame dressing and toss in some juicy orange slices. And to finish it all off, crunchy fried onions bring even more texture and flavor. How's that for a salad? We've got you covered!

WHAT WE SEND

- 1 cucumber
- 2 scallions
- 1 oz salted peanuts¹
- ½ lb pkg chicken breast strips
- 1 orange
- 1 pkt sesame dressing^{2,3,4}
- 1 romaine heart
- ½ oz fried onions

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

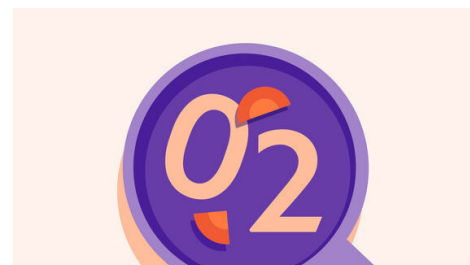
Calories 470kcal, Fat 25g, Carbs 40g, Protein 32g



1. Prep ingredients

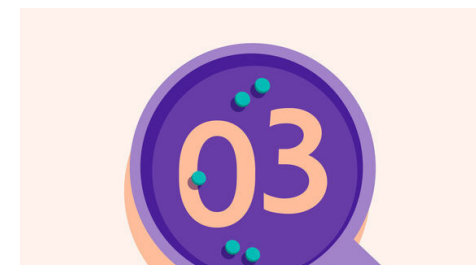
Peel **cucumber**, if desired, then halve lengthwise. Scoop out seeds, then thinly slice into half moons. Thinly slice **scallions** on a diagonal. Lightly crush **peanuts** in bag with a rolling pin or heavy skillet.

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



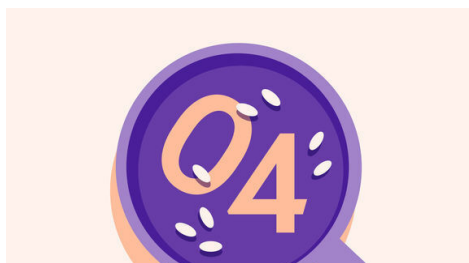
2. Prep orange

Cut off top and bottom from **orange**; place orange on one of the cut sides. Slice downward to remove peel and any white pith. Turn orange on its side and slice between the membranes to remove orange segments. Halve orange segments crosswise if large.



3. Cook chicken

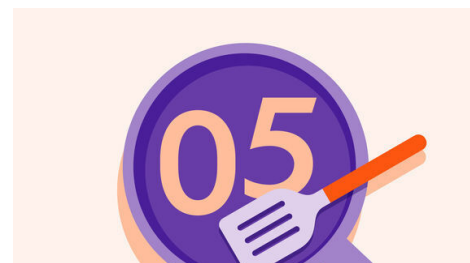
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until golden brown, about 3 minutes per side. Add **1 tablespoon sesame dressing**. Cook, stirring constantly, until coated, about 1 minute.



4. Make salad

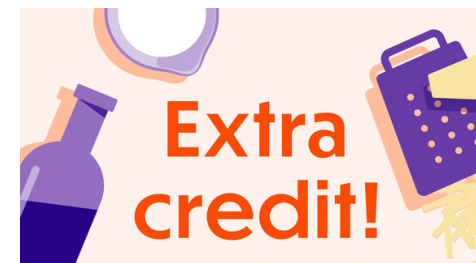
Quarter **lettuce** lengthwise, then thinly slice crosswise.

In a large bowl, toss **lettuce** and **cucumbers** with **half of the remaining sesame dressing**.



5. Finish & serve

Serve **salad** topped with **chicken**, **fried onions**, **oranges**, **peanuts**, **scallions** and **remaining sesame dressing**. Enjoy!



6. Check us out!

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