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Chicken and Tomato Salad

with Sesame Dressing



20-30min



2 Servings

We've given a simple salad of romaine lettuce and tomatoes a makeover with fresh herbs and an addictive tahini dressing. The creamy dressing complements the crunchy greens, and beautifully balances out the lighter flavors. We've topped it off with cumin-scented chicken that sends this salad straight into dinnertime. Cook, relax, and enjoy!

What we send

- fresh mint
- campari tomato
- boneless, skinless chicken breasts
- ground cumin
- romaine heart
- fresh parsley
- lemon

What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

Tools

- large skillet
- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 495.0kcal, Fat 27.9g, Proteins 46.6g, Carbs 10.4g



1. Prep chicken

Place chicken breasts between two pieces of plastic wrap. Pound using a meat mallet or a heavy skillet to even out until ½-inch thick. Remove plastic wrap and season chicken generously all over with salt, pepper, and cumin.



2. Cook chicken

Heat 1½ tablespoons oil in a large skillet over medium-high. Add chicken and cook until browned, about 4 minutes. Flip chicken and cook on the other side until browned and cooked through, about 4 minutes. Transfer to a plate or board and let rest while you make the salad.



3. Prep vegetables

Remove any wilted outer leaves from romaine. Trim end and slice crosswise into 1-inch pieces. Wash and dry well. Spread romaine out on a platter. Cut tomatoes into quarters and scatter on top. Pick parsley and mint leaves from stems and tear any large leaves in half. Scatter $\frac{2}{3}$ of herbs over the top.



4. Make dressing

Cut lemon in half and squeeze 2 tablespoons into a small bowl. Whisk in tahini, tamari, ½ teaspoon sugar, 3 tablespoons oil, and ¼ teaspoon salt. Whisk in 1 teaspoon water at a time until the consistency of heavy cream.



5. Drizzle dressing

Drizzle $\frac{2}{3}$ of the dressing over the salad.



6. Finish salad

Cut remaining lemon half into wedges. Cut chicken crosswise into ½-inch strips. Spread on top of the salad. Drizzle with remaining dressing, garnish with remaining herbs, and serve with lemon wedges for squeezing over. Enjoy!