

DINNERLY



Berry Good Balsamic Chicken Salad: Let's Do Lunch!



under 20min



2 Servings

Maybe it's not socially acceptable to eat cupcakes or pies or candy for lunch, but that won't stop our relentless sweet teeth. For a healthy, filling mid-day meal that satisfies all the cravings, try this: Whip together a raspberry jam dressing, then drizzle it over balsamic-glazed chicken, almonds, feta, and spinach. And don't be afraid to think outside the lunchbox—it's perfect for dinner too! We've got you covered!

WHAT WE SEND

- 1 oz salted almonds ¹⁵
- ½ lb pkg chicken breasts
- 1 pkt Dijon mustard ¹⁷
- ½ oz pkt raspberry jam
- 3 oz bag baby spinach
- 1½ oz feta cheese ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- balsamic vinegar ¹⁷
- sugar

TOOLS

- medium skillet

ALLERGENS

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 37g, Carbs 11g,
Proteins 34g



1. Prep ingredients

Roughly chop **almonds**.

Pat **chicken** dry and cut into strips, if necessary. Season all over with **salt** and **pepper**.



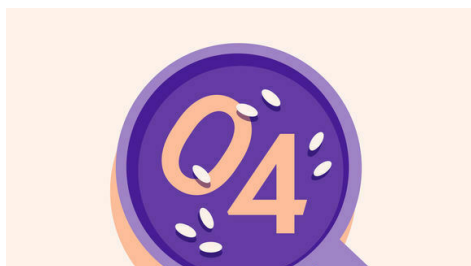
2. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook, stirring once or twice, until browned all over, 3–5 minutes.



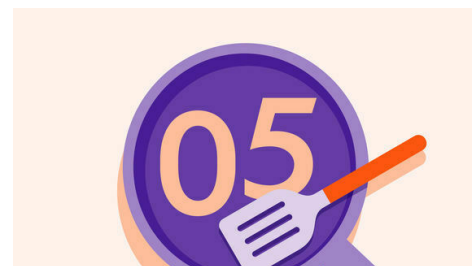
3. Make balsamic glaze

When **chicken** is cooked through, reduce heat to medium and add **1 tablespoon balsamic vinegar** to skillet with **a pinch of sugar**. Stir to coat chicken and cook until vinegar is reduced to a glaze, 1–2 minutes.



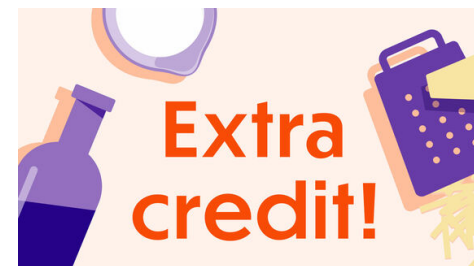
4. Make dressing

In a small bowl, combine **Dijon mustard**, **raspberry jam**, **2 tablespoons olive oil**, and **1 tablespoon balsamic vinegar**. Whisk until smooth and season to taste with **salt** and **pepper**.



5. Eat it now!

Plate **spinach**, then top with **chopped almonds** and **balsamic chicken**. Drizzle with **dressing** and crumble **feta** over top. Enjoy!



6. Eat it later!

Store the dressing, chicken, and greens in separate containers in the fridge. When ready to eat, assemble your salad and enjoy.