



Fast! Crispy Meatless Chik'n

with Snap Pea-Radish Salad & Dill Aioli



under 20min



2 Servings

This fast vegetarian meal has a lot going for it—tender and crispy plant-based chik'n, a fresh and crunchy side salad, and a bright dill aioli that tastes great on everything. The chik'n needs only a few minutes to brown in a hot skillet while we toss the salad with a tangy lemon vinaigrette, and before you know it—dinner is ready!

What we send

- 1 romaine heart
- 4 oz snap peas
- 2 oz red radishes
- 1 oz walnuts ¹⁵
- ¼ oz fresh dill
- 7 oz pkg plant-based chik'n cutlet ¹
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- 1 oz mayonnaise ^{3,6}

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- medium skillet
- microplane or grater

Allergens

Wheat (1), Egg (3), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 70g, Carbs 35g, Protein 22g



1. Prep salad

Thinly slice **romaine**. Thinly slice **snap peas**. Thinly slice **radishes**. Coarsely chop **walnuts**. Pick **dill fronds** from stems; discard stems and finely chop fronds.



2. Toast walnuts

Heat **1 teaspoon oil** in a medium skillet over medium. Add **walnuts** and cook, stirring, until fragrant and toasted, 1-3 minutes. Transfer to a bowl.



3. Cook chik'n

Heat **2 tablespoons oil** in same medium skillet over medium high until shimmering. Add **chik'n cutlets** and cook until golden brown and warmed through, 2-3 minutes per side. Transfer cutlets to a paper towel-lined plate.



4. Make aioli & vinaigrette

Into a small bowl, finely grate **½ teaspoon lemon zest**. Into a medium bowl, squeeze **1 tablespoon lemon juice**.

To bowl with lemon zest, stir in **mayo**, **half of the dill**, and **2 teaspoons water**; season to taste with **salt** and **pepper**.

To bowl with lemon juice, whisk in **Dijon mustard**, **3 tablespoons oil**, and **a pinch of sugar**; season to taste with **salt** and **pepper**.



5. Assemble

Add **romaine**, **snap peas**, and **radishes** to bowl with **vinaigrette**; toss to coat.

Plate **chik'n** and top with **dill aioli**. Serve alongside **salad** and garnish with **walnuts** and **remaining dill**.



6. Serve

Enjoy!