



Plant Chicken & Roasted Veggie Salade Nicoise

with Creamy Mustard Dressing



30-40min



2 Servings

For this new veggie heavy spin on a classic French dish, Niçoise Salad, potatoes, asparagus, and carrots are roasted until lightly browned and tender. The veggies are added to a plate with arugula, hard-boiled eggs, and crisp green beans and topped with a drizzle with a creamy mustard dressing.

What we send

- 2 carrots
- 2 Yukon gold potatoes
- ½ lb asparagus
- 1 oz capers ¹²
- ½ lb green beans
- 1 yellow onion
- 2 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷
- 3 oz arugula
- 8 oz pkg plant-based chicken ⁶

What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs ³
- red wine vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- small saucepan
- medium skillet

Allergens

Egg (3), Soy (6), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 48g, Carbs 84g, Protein 43g



1. Roast carrots & potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **carrots**; halve lengthwise, or quarter if thick. Scrub **potatoes**, then cut lengthwise into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes and carrots with **1½ tablespoons oil**, season with **salt** and **pepper**. Spread to an even layer. Roast until vegetables are just tender and lightly golden, 10-12 minutes.



2. Add asparagus & capers

Meanwhile, trim tough ends from **asparagus**. Pat **capers** dry and toss with **½ teaspoon oil**. Push **carrots** and **potatoes** to one side of baking sheet, and add asparagus and capers to the other side. Season with **a pinch each of salt and pepper**. Return baking sheet to oven and roast until asparagus are lightly browned and capers are crispy, 8-10 minutes.



3. Cook eggs & beans

While **vegetables** roast, fill a small saucepan with water and bring to a boil. Trim ends from **green beans**. Carefully lower **3 eggs** into boiling water and cook for exactly 8 minutes. Add green beans to eggs and cook together for another 2 minutes. Immediately drain and return to pot. Shake to gently crack shells, then fill saucepan with ice water.



4. Make dressing

Finely chop **2 tablespoons onion**. Place chopped onions in a small bowl, and add **mustard**, **2 tablespoons vinegar**, and **1 tablespoon mayonnaise**. In a steady stream, whisk in **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



5. Cook plant chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1-2 minutes more.



6. Assemble & serve

Peel **eggs** under running water. Pat dry, cut into quarters, and sprinkle with **salt** and **pepper**. Pat **green beans** dry.

Transfer **arugula** to a large bowl and toss with **1 tablespoon of the dressing**. Transfer to plates and top with **eggs**, **roasted vegetables**, **green beans**, and **plant chicken**. Drizzle **remaining dressing** over top and garnish with **crispy capers**. Enjoy!