

MARLEY SPOON



Sesame Kale Salad & Pan-Fried Plant Chicken

with Edamame, Almonds & Mint



20-30min



2 Servings

This refreshingly crisp salad has layers of flavor and texture, plus plenty of protein to make this dinner-worthy. We toss thinly sliced kale, shredded carrots, and fresh mint in a sesame dressing while we fry sesame-crusted plant-based chicken to crispy perfection. Warm edamame and crunchy almonds round out this hearty salad—perfect for anytime of day!

What we send

- 1 carrot
- 1 bunch curly kale
- 2½ oz edamame ⁶
- 1 oz salted almonds ¹⁵
- 1 oz panko ¹
- ¼ oz pkt toasted sesame seeds ¹¹
- ¼ oz shichimi togarashi ¹¹
- ¼ oz fresh mint
- 2 oz sesame dressing ^{1,6,11}
- 8 oz pkg plant-based chicken ⁶

What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper

Tools

- box grater
- medium nonstick skillet

Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 33g, Carbs 50g, Protein 36g

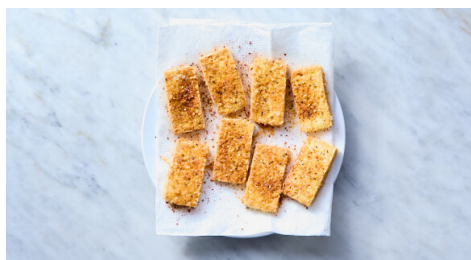


THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep plant-based chicken

Break **plant-based chicken** into bite-size pieces. Pat very dry.



4. Fry plant chicken

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches so as to not overcrowd the pan, add **plant chicken** and fry until deeply golden brown, 2-3 minutes per side. Transfer to a paper towel-lined plate and immediately sprinkle with **schichimi togarashi**.



2. Prep veggies

Grate **carrot** on the large holes of a box grater. Strip **kale leaves** from tough stems; discard stems and thinly slice leaves.

Transfer **edamame** to a microwave-safe bowl, cover with a damp paper towel, and microwave until beans are warmed through, 1-2 minutes.

Coarsely chop **almonds**.



5. Toss salad & serve

Pick **mint leaves** from stems and coarsely chop; discard stems. Toss **kale, carrots, and mint** with **sesame dressing** (optionally add **1 teaspoon vinegar** if dressing is too sweet). Season to taste with **salt** and **pepper**.

Transfer **salad** to plates and top with **edamame, almonds, and crispy plant-based chicken**. Enjoy!



3. Coat plant chicken

In a medium bowl or plate, combine **panko** with **sesame seeds**. Working one at a time, add **plant-based chicken** to panko mixture and press lightly so panko sticks to plant chicken. Transfer to a 2nd plate and repeat with remaining pieces. Return plant chicken to bowl and coat with another layer of panko, press lightly to help breading adhere.



6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.