



JUN
2016

Summer Vegetable Salad

with Seared Chicken, Garlic Croutons, and Mustard-Chive Vinaigrette

We're nearing summer, but that doesn't mean we're ready to say goodbye to sweet peas, adorable baby carrots, and tender lettuces! This salad celebrates the best of early summer produce. Juicy pan-seared chicken and garlic croutons round out this hearty salad.



Prep: 10 min
Total: 30 min



level 1



nut free



Chicken Breasts



Romaine Heart
Lettuce



Garlic



Ciabatta Bread



Carrot



Peas



Dijon Mustard



Chives



Shallot



White Wine
Vinegar



Radishes

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Romaine Heart Lettuce	1	2
Garlic	2 Cloves	4 Cloves
Ciabatta Bread	1) 1	2
Carrot	1	2
Peas	4 oz	8 oz
Dijon Mustard	1 T	2 T
Chives	1/4 oz	1/2 oz
Shallot	1	1
White Wine Vinegar	1 T	2 T
Radishes	3	6
Butter*	2) 2 T	4 T
Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Medium pot, Baking sheet, Large pan, Strainer, Large bowl, Whisk

Nutrition per person Calories: 631 cal | Fat: 22 g | Sat. Fat: 9 g | Protein: 51 g | Carbs: 56 g | Sugar: 11 g | Sodium: 612 mg | Fiber: 10 g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Bring a medium pot of **salted water** to boil. Mince or grate the **garlic**. Halve, peel, and mince **1 Tablespoon shallot**. Peel and cut the **carrot** into sticks (as if you'd be dipping them in hummus!). Mince the **chives**. Chop the **romaine lettuce** into bite sized pieces. Quarter the **radishes**. Cut the **ciabatta** into 1/2-inch cubes. Place the cubes on a baking sheet and toast in the oven for 5-7 minutes until crispy and golden.

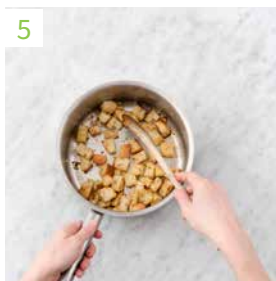


2 Butterfly and cook the chicken: Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Stop before cutting all the way through. Open the chicken up like a book and flatten with a mallet or heavy bottomed pan. Repeat with the other chicken breast. Season on all sides with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add the chicken to the pan and cook for 3-5 minutes per side, until cooked through. Set aside to rest.



3 Blanch the carrots and peas: Add the **carrots** to the boiling water and cook for 4-6 minutes, until crisp-tender. Add the **peas** for the last 2 minutes of cooking. Drain the vegetables and rinse under very cold water.

4 Make the mustard-chive vinaigrette: In a large bowl, combine the **chives**, **1 Tablespoon white wine vinegar**, **1 Tablespoon Dijon mustard**, and **1 Tablespoon shallot**. Whisk in a large drizzle of **oil** and season to taste with **salt** and **pepper**.



5 Make the garlic croutons: Heat **2 Tablespoons butter** on medium heat in the same pot used for the vegetables. Once melted, add the **garlic** and stir to combine. Toss in the **ciabatta cubes** and season with **salt** and **pepper**.

6 Toss and serve: Toss the **lettuce**, **carrots**, **peas**, **radishes**, and **garlic croutons** into the **mustard-chive vinaigrette** and toss to coat. Season with **salt** and **pepper**. Plate the **summer vegetable salad** then top with a piece of **seared chicken**. Enjoy!