



HOME CHEF

# Blackened Chicken Salad

With Cracked Pepper Buttermilk Dressing



This pan-seared chicken is coated in our own blackening seasoning and cooked to juicy, savory perfection. We take it to a near-sinful level, serving it over a bed of spinach enrobed in a buttermilk dressing with freshly cracked black peppercorns. Bleu cheese and crispy carrot ribbons add softness and crunch for a lovely texture and mouthwateringly good salad.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 460  
Carbohydrates: 10g  
Fat: 20g  
Protein: 60g  
Sodium: 390mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

Malt-y beer  
Young Zinfandel  
Mojito

## INGREDIENTS

1 Carrots  
3 oz. Grape Tomatoes  
12 oz. Chicken Breasts  
2 tsp. Blackening Seasoning  
2 oz. Buttermilk  
2 oz. Sour Cream  
1 tsp. White Wine Vinegar  
½ tsp. Cracked Black Pepper  
4 oz. Spinach  
1 ½ oz. Bleu Cheese

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

## EQUIPMENT

2 Baking Sheets  
Medium Pan  
Mixing Bowl

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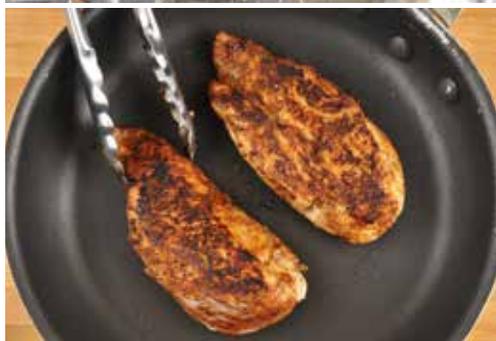
## Prepare the Ingredients

Preheat oven to 350 degrees and prepare a baking sheet with aluminum foil. Lightly coat the foil with cooking spray. Thoroughly rinse produce and pat dry. Peel **carrot**, then use peeler to cut carrot into long, flat ribbons. Halve **grape tomatoes**. Rinse **chicken breasts** and pat dry.



## Make the Crispy Carrots

Arrange the **carrot ribbons** in a single layer on prepared baking sheet. Drizzle with **olive oil** and season with a pinch of **salt** and **pepper**. Place a second baking sheet on top of carrots and bake until carrots begin to brown and crisp, about 15 minutes. If you don't have a second baking sheet, you can layer more foil and press a heavy casserole dish on top. Transfer carrots to a paper towel-lined plate.



## Cook the Chicken

Heat 1 tsp. of **olive oil** in a medium pan over medium heat. Season **chicken breasts** evenly with **blackening spice** and a pinch of salt and pepper. Place chicken in pan and cook on first side 4-5 minutes until well-colored. Cook on second side for 6 minutes or until internal temperature reaches a minimum of 165 degrees. Remove from heat and set aside.



## Prepare the Dressing

In a mixing bowl, combine **buttermilk**, **sour cream**, **white wine vinegar**, **cracked black pepper**, and a pinch of **salt**.



## Toss the Salad

Add **spinach** to bowl with **dressing** and toss to coat evenly.



## Plate the Dish

Divide **dressed salad** between two plates. Lean **chicken breast** on greens and garnish with **halved tomatoes**, **bleu cheese**, and **crispy carrots**.