

# Green Machine Chicken Salad

With Tarragon and Lemon Vinaigrette



There are no grapes and nuts in this chicken salad—no ma'am! Actually, it's not even that type of chicken salad — it's fresh, it's healthy, it's mayo-free. We layer a fresh salad of arugula, kale, granny smith apple, spinach, radishes, and peas with tarragon coated chicken and a lemony vinaigrette for the healthiest and tastiest of dinners.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

## NUTRITION

Calories: 622  
Carbohydrates: 27g  
Fat: 30g  
Protein: 65g  
Sodium: 536mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

The light mineral notes of Trumer Pils Beer are a nice counter to this herbaceous salad. An English-style IPA offers plenty of hoppy flavor to match the salad without the overwhelming bitterness typically associated with IPAs.

## INGREDIENTS

2 Chicken Breasts  
1 Lemon  
2 Radishes  
1 Granny Smith Apple  
2 ½ oz. Frozen Peas  
4 Tarragon Sprigs  
3 oz. Lacinato Kale  
1 Tbsp. Dijon Mustard  
1 oz. Shaved Parmesan  
1 oz. Baby Arugula  
2 oz. Baby Spinach

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Medium Pan  
Colander  
Mixing Bowl

## DID YOU KNOW?

Tarragon is a fresh herb which has a delicate anise-y flavor, and is common in French cuisine. It is also used as the main flavor of a carbonated soft drink, Tarkhuna, popular in Armenia, Georgia, and Azerbaijan.

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## Cook the Chicken

Rinse **chicken breasts** and pat dry. Season chicken with **salt and pepper** on both sides. Heat a medium pan over medium heat and add 1 tsp. **olive oil** to pan. Place chicken in pan and allow first side to cook undisturbed for about 5 minutes, or until brown and crispy. Flip chicken and cook 3-4 minutes, or until a minimum internal temperature of 165 degrees is reached. Remove from heat and let chicken rest in pan.

## Prepare the Ingredients

While chicken is cooking, thoroughly rinse produce and pat dry. Zest **lemon**, halve, and squeeze out juice into a bowl. Slice **radishes** as thinly as possible. Core and cut **Granny Smith apple** into ½” dice. Run **peas** under warm tap water to thaw, drain in a colander or small strainer, and set aside. Stem and mince **tarragon**. Stem **kale** and coarsely chop.

## Make the Vinaigrette

In a large bowl, combine **lemon zest**, 1 Tbsp. **lemon juice**, **Dijon mustard**, 2 Tbsp. **olive oil**, and **salt and pepper** (to taste). Taste **vinaigrette**— if you prefer it to be more tart, add a bit more lemon juice. If you like it less tart, add a little more salt or olive oil. Set aside.

## Finish the Chicken

Use a spoon to collect **pan drippings** and baste, brush, or pour over browned side of **chicken**. Sprinkle or press **tarragon** on top of the basted side. *Basting is a technique where the cooking juices, marinades, or other pan sauces are added back over the meat. This process helps to keep the meat super moist and flavorful, and gives the tarragon a layer to stick to.*

## Assemble the Salad

In bowl with **vinaigrette**, add **peas, apples, radishes, Parmesan cheese, arugula, spinach**, and **kale**. Toss to coat evenly. Taste a leaf or two and add **salt and pepper** and any additional **lemon juice** to taste, if desired.

## Plate the Dish

Mound **salad** on plate. Slice **chicken** and place on top.