



IN YOUR BOX

- 1 Red Onion
- 1 Anjou Red Pear
- 1 ½ fl. oz. Balsamic Vinegar
- ½ oz. Honey
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Walnut Halves
- 3 oz. Baby Spinach
- 1 oz. Goat Cheese
- ½ oz. Dried Cherries

CONTAINS: milk, tree nuts (walnuts)
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

NUTRITION per serving 35g carbohydrates 32g fat 45g protein 1251mg sodium | calorie-conscious, carb-conscious



Calories
600



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Grill Pan or Outdoor Grill
- Mixing Bowl
- Small Pan

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GRILLING SERIES

Grilled Chicken and Pear Salad

with goat cheese, walnuts, and balsamic onions

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Preheat outdoor grill or grill pan over medium-high heat.

WHILE YOU COOK

- Heads up!** **Balsamic-honey mixture** is used twice. 1 Tbsp. is drizzled over **onions** and remaining becomes **vinaigrette**.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

Walnuts have been around a long, long time; dating back to 7,000, they are man's oldest tree food. In the past, some believed walnuts to be "brain food" because of their resemblance to, well, brains. Now we know, thanks to their Omega-3, that walnuts actually are brain food!



1

Prepare the Ingredients

Peel **onion** and slice into ¼" rounds. Quarter **pear**, core, and cut into ¼" slices. Whisk together **balsamic vinegar** and **honey** in a large mixing bowl. Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Roast the Onion

Place **onion rounds** on prepared baking sheet and separate rounds into rings. Drizzle with 1 Tbsp. **balsamic-honey mixture** (reserve remaining for vinaigrette) and spread into a single layer. Roast until onions are softened, 15-18 minutes. While onions roast, cook chicken.



3

Cook the Chicken

Drizzle **chicken** with 1 tsp. **olive oil** and place on hot grill. Grill until chicken reaches a minimum internal temperature of 165 degrees, 5-6 minutes per side. Remove chicken from grill and let rest 5 minutes.



4

Make Vinaigrette and Toast Walnuts

Whisk 1 Tbsp. **olive oil** into **reserved balsamic-honey mixture** and add ¼ tsp. **salt**. Taste, and season to taste with salt and **pepper**. *Salt will highlight the sweetness and sharpness of balsamic and honey.* Heat a small pan over medium heat. Add **walnuts** to hot, dry pan and stir constantly until toasted and aromatic, 4-5 minutes. Remove walnuts from pan and set aside.



5

Toss the Salad

Add **spinach** to bowl with **balsamic vinaigrette**. Toss to combine and season with ¼ tsp. **salt** and a pinch of **pepper**. *Alternatively, serve dressing on side to control amount.*



6

Finish the Dish

Slice **chicken** if desired. Place a serving of **salad** on a plate and top with separated rings of **roasted onion** and **pear**. Garnish with **goat cheese crumbles** (breaking up with your hands if needed), **toasted walnuts**, and **dried cherries**. Serve chicken next to salad or on top.