



In your box

- 1 oz. Grated Parmesan
- 1 Shallot
- 2 Garlic Cloves
- 2 Romaine Hearts
- 4 oz. Grape Tomatoes
- 13 oz. Boneless Skinless Chicken Breasts
- 1 Tbsp. Blackening Seasoning
- 1 ½ oz. White Rice Flour
- 1 ½ oz. Mayonnaise
- ¼ fl. oz. White Wine Vinegar



Blackened Chicken Caesar Salad

with crispy shallots

NUTRITION per serving—Calories: 549, Carbohydrates: 19g, Fat: 32g, Protein: 47g, Sodium: 1617mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt, Pepper
2 Mixing Bowls, Medium Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **Parmesan**



1

Prepare the Ingredients

- Peel and slice **shallot** into very thin rounds.
- Mince **garlic**.
- Hold **romaine hearts** at root end and chop coarsely.
- Halve **tomatoes**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **blackening seasoning**.



2

Make the Crispy Shallots

- Line a plate with a paper towel. Place a medium pan over medium heat and add 2 tsp. **olive oil**.
- In a mixing bowl, toss **shallots** with **rice flour** until evenly coated. Shaking off excess, add shallots to hot pan. Stir constantly until golden brown, 2-3 minutes. *Larger shallot rings may soak up oil. If pan gets dry, add 2 tsp. olive oil.*
- Remove shallots to towel-lined plate and season with a pinch of **salt** and **pepper**.
- Reserve pan; no need to wipe clean



3

Cook the Chicken

- Return pan used to cook shallot to medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until blackened and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *True to its name, spices on chicken will blacken when cooked. This is ideal, as toasting spices brings out more flavor.*
- Remove chicken from pan and rest at least 5 minutes. Slice rested chicken into ½” slices.
- While chicken cooks, make dressing.



4

Make the Dressing

- In another mixing bowl, add **mayonnaise**, half the **Parmesan** (reserve remaining for garnish), **white wine vinegar**, **garlic**, 1 tsp. **water**, and a pinch of **salt** and **pepper**. Stir until creamy.



5

Toss Salad and Finish Dish

- While chicken rests, add chopped **romaine** and **tomatoes** to bowl with **dressing** and toss to combine. Taste, and season with a pinch of **salt** and **pepper** if desired.
- Plate dish as pictured on front of card, garnishing salad with **crispy shallots** and remaining **Parmesan**. Bon appétit!