



NUTRITION *per serving* 10g carbohydrates 18g fat 43g protein 709mg sodium | low-calorie, low-carb, gluten-free, shellfish-free, nut-free



Calories
386



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 1 Celery Stalk
- 1 Red Onion
- 1 Roma Tomato
- 1 Romaine Heart
- 2 Boneless Skinless Chicken Breasts
- 1 tsp. Spicy Buffalo Seasoning
- 1 ½ oz. Gluten-Free Ranch Dressing
- 1 oz. Blue Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Non-Stick Pan
- Small Bowl
- Grill Pan or Outdoor Grill
- Mixing Bowl

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HOME CHEF

Grilled Buffalo Chicken Salad

with ranch dressing and blue cheese

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

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice alert!** **Buffalo seasoning** adds a touch of heat to **chicken**. Brush lightly onto cooked chicken or serve on side to control spice.

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...

Many people know that Buffalo wings were invented at the Anchor Bar in Buffalo, NY, but did you know they were actually a mistake? In 1964, the Anchor Bar owner was sent a case of chicken wings she didn't order, but she decided to take a flyer (so to speak) on them and serve them tossed in hot sauce.



1

Prepare the Ingredients

Trim ends off **celery** and cut into ¼" dice. Halve and peel **onion**. Slice halves into thin strips. Core **Roma tomato** and cut into ½" dice. Hold **romaine head** at root end and chop coarsely. Rinse **chicken breasts**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Caramelize the Onions

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **onions** to hot pan and cook, stirring occasionally, until browned, 10-12 minutes. If pan becomes dry, add **water** 1 Tbsp. at a time. While onions caramelize, prepare Buffalo sauce.



3

Make the Buffalo sauce

Combine **seasoning blend** and 2 tsp. **olive oil** in a small bowl.



4

Grill the Chicken

Heat a grill pan or outdoor grill over medium-high heat and coat surface with **cooking spray**. Add **chicken** to hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 6-7 minutes per side. Remove chicken from grill and brush each side with **Buffalo sauce** (to taste, or serve on side).



5

Toss the Salad

Place **ranch dressing** in a large mixing bowl. Add **romaine**, **celery**, and **tomatoes** to bowl and toss to combine.



6

Plate the Dish

Place a serving of **salad** on a plate and top with cooked **chicken breast**. Garnish salad with **blue cheese crumbles** and caramelized **onions**.