



IN YOUR BOX

- 1 Red Onion
- 1 Romaine Heart
- 1 Roma Tomato
- 1 oz. Smoked Almonds
- 2 Boneless Skinless Chicken Breasts
- 1 Avocado
- ¼ fl. oz. Seasoned Rice Vinegar
- 1 oz. Blue Cheese

NUTRITION per serving 29g carbohydrates 34g fat 54g protein 980mg sodium | CONTAINS milk, tree nuts (almonds), soy | calorie-conscious, carb-conscious



Calories
616



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan
- 2 Mixing Bowls

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Chicken Chopped Salad

with creamy avocado dressing, blue cheese, and smoked almonds

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 **425 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ☐ **Heads Up!** Avocado is used twice. ¼ is added to **dressing** and remaining is added to **salad**.

FROM THE CHEF

If the dressing is too thick for your liking, just add additional water, 1 Tbsp. at a time, until desired consistency is reached. Adjust seasoning to taste.

Feel free to slice chicken as opposed to shredding for a different consistency.

Did you know...

Avocados ripen after they're picked; it can be difficult to tell from the outside whether they are ripe or not. Put the avocado in your hand and squeeze using your palm (not your fingertips; that may bruise the fruit). If it yields to the gentle pressure, congratulations! You've got yourself a ripe one.



Prepared the Ingredients

Halve and peel **onion**. Slice halves into thin strips. Hold **romaine head** at root end and chop coarsely. Core **tomato** and cut into ½” dice. Coarsely chop **smoked almonds**. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



Shred the Chicken

Once **chicken** has cooled, shred into bite-sized pieces. Season with a pinch of **salt** and **pepper**.



Cook the Chicken

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **chicken** in hot pan and cook undisturbed until golden brown, 2-3 minutes. Transfer chicken to prepared baking sheet, seared side up. Reserve pan; no need to wipe clean. Roast until chicken reaches a minimum internal temperature of 165 degrees, 7-9 minutes. Transfer chicken to a medium mixing bowl and cover with plastic wrap. Cool at least 5 minutes. While chicken roasts, caramelize onions.



Make the Dressing

Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut avocado flesh into ½” dice. Place ¼ the avocado (reserve remaining for salad) into a large mixing bowl and mash until smooth. Mix in **rice vinegar**, 2 Tbsp. **water**, and a pinch of **salt** and **pepper**.



Caramelize the Onions

Return pan used to sear chicken to medium heat and add 1 tsp. **olive oil**. Add **onions** to hot pan and cook, stirring occasionally, until browned, 10-12 minutes. *If pan becomes too dry, add water 1 Tbsp. at a time.* Remove from burner and set aside.



Plate the Dish

Place **romaine**, **chicken**, **caramelized onions**, **tomatoes**, **almonds**, **blue cheese**, and remaining **avocado** in bowl with **dressing** and toss. Place a serving of **salad** on a plate or in a bowl.