

Tahini Chicken & Warm Kale Salad

with Pickled Peppers &
Roasted Sweet Potato

2 SERVINGS

30-40 MINS



 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

 10 oz Chicken Breast Strips 

SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 1 Lemon

 2 Tbsps Mayonnaise

 1/2 lb Sweet Potato

 6 oz Kale

 1 Tbsp Soy Sauce

 1 Tbsp Weeknight Hero Spice Blend¹

 2 cloves Garlic

 1/2 oz Sweet Drop Peppers

 2 Tbsps Tahini

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine



13 11 8

SmartPoints® value per serving
(as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW's points program, visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the dressing

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Quarter and deseed the **lemon**.
- In a bowl, whisk together the **tahini, mayonnaise, soy sauce, the juice of 2 lemon wedges, 2 teaspoons of water**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



2 Roast the sweet potato

- Place the **diced sweet potato** on a sheet pan.
- Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



4 CUSTOMIZED STEP 3 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

4 Cook the kale

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ cup of water** (carefully, as the liquid may splatter) and the **juice of the remaining lemon wedges**. Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a large bowl.



5 Finish & serve your dish

- To the bowl of **cooked kale**, add the **roasted sweet potato** and **peppers**. Season with salt and pepper; toss to combine.
- Serve the **finished vegetables** topped with the **cooked chicken** and **dressing**. Enjoy!



5 CUSTOMIZED STEP 5 If you chose Salmon

- Finish and serve your dish as directed with the **cooked fish** (instead of chicken).

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [i](#) [@](#) Share your photos with #blueapron

