



FAST

LOW CARB

Buffalo Glazed Chicken Breast

with Chopped Salad



20-30min



2 Servings

Buffalo chicken wings are a bit of a guilty pleasure around here. This dish takes the best parts of a big bowl of Buffalo wings and deconstructs it so that you can have it for dinner. The spicy sauce is offset with a cooling and crunchy salad, inspired by a side of carrot sticks and creamy dressing. The added bonus is you won't need ten napkins to stay clean!

What we send

- carrots
- hot sauce
- boneless, skinless chicken breasts
- romaine heart
- parsley
- garlic

What you need

- 2 tablespoons butter ⁷
- apple cider vinegar
- kosher salt & ground pepper

Tools

- meat mallet (or heavy skillet)
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680.0kcal, Fat 50.0g, Proteins 38.0g, Carbs 19.0g



1. Prep ingredients

Cut **roll** into ½-inch cubes. Peel and finely chop **1 large clove garlic**. Trim ends from **carrot**, then peel, cut in half lengthwise, and thinly slice crosswise on a diagonal. Trim core end from **lettuce**, cut in half lengthwise, then cut crosswise into 1-inch pieces. Pick **parsley leaves** from stems.



4. Make dressing

Meanwhile, in a large bowl, combine **1 tablespoon of the mayonnaise, 1 tablespoon vinegar, remaining garlic, and 2 tablespoons oil**, and whisk until combined. Season to taste with **salt and pepper**.



2. Make croutons

Heat **1½ tablespoons oil** in a medium skillet over medium; add **bread cubes** and **a pinch salt**. Cook until cubes are golden, stirring occasionally, about 5 minutes. Add **half of the chopped garlic** and continue to cook until fragrant about 30 seconds. Transfer to a plate and wipe out skillet.



5. Finish chicken

Add **2 tablespoons butter** to skillet and swirl pan until melted. Add **buffalo hot sauce** and swirl to combine. Reduce heat to medium and cook until sauce has slightly reduced, turning **chicken** to coat, about 1 minute.



3. Cook chicken

Pat **chicken** dry. Using a meat mallet or heavy skillet, lightly pound chicken to an even ½-inch thickness. Season well all over with **salt and pepper**. Add **1 teaspoon oil** to same skillet and heat over medium-high. Add chicken and cook until golden brown and cooked through, 4-5 minutes per side.



6. Make salad & serve

To the large bowl with **dressing**, add **lettuce, carrots, croutons**, and **parsley** and toss to coat; season to taste with **salt and pepper**. Divide the **salad** between plates and top with **Buffalo glazed chicken breast**. Drizzle **remaining Buffalo sauce** all over **chicken**. Enjoy!