



## Chicken and Butter Bean Salad

with Arugula, Celery, and Almonds



ca. 20min



4 Servings

How can you go wrong with a dish that takes just about 20 minutes to prepare, is gluten-free, low-carb, and high in protein, not to mention oh so tasty?? You can't! Smoky grilled chicken is combined with creamy butterbeans, crunchy celery, smoked almonds and peppery arugula, then tossed with a lemony dressing for a satisfying and super-fast meal. Cook, relax, and enjoy!



## What we send

- large leaf arugula
- can butter beans
- smoked paprika
- boneless, skinless chicken breasts
- shallot
- celery
- lemon

## What you need

### Tools

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 607.0kcal, Fat 30.0g, Proteins 47.0g, Carbs 33.0g



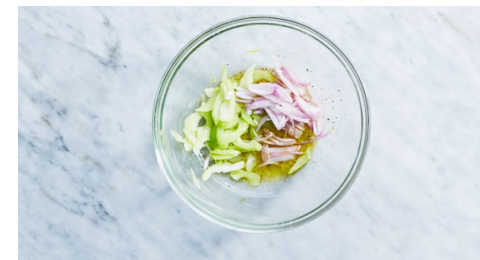
### 1. Pound chicken

Light a grill to medium-high if using. Using a meat mallet, pound **chicken breasts** to an even ½-inch thickness.



### 2. Season chicken

In a small bowl, combine **1 teaspoon of the smoked paprika** (reserve rest for your own use) with **1 teaspoon salt** and **½ teaspoon pepper**. Season **chicken** with **spice mixture** and rub with **1½ tablespoons oil**. Let sit.



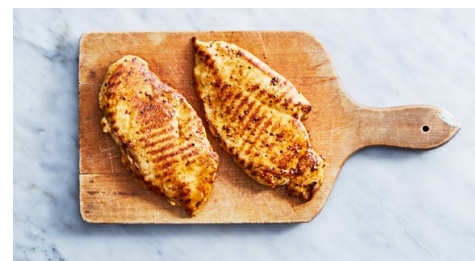
### 3. Make dressing

Zest and squeeze **lemon** into a large bowl. Add **4 tablespoons oil** and season with **salt** and **pepper**. Thinly slice **celery** on a diagonal. Halve, peel, and thinly slice **shallot** lengthwise. Add both to **dressing**.



### 4. Prep ingredients

Drain and rinse **butter beans**. Trim ends from **arugula**; wash and dry well. Cut in half crosswise. Coarsely chop **almonds**.



### 5. Grill chicken

Heat a grill pan, if using, over medium-high. Add **chicken** and grill until golden and cooked through, about 3 minutes per side.



### 6. Finish

Add **beans** to **dressing** and toss to combine. Add **arugula** and gently toss. Divide **salad** among plates, sprinkle with **almonds**, and top with **chicken**. Enjoy!