



**PICKY EATER PROOF**

## Chicken BLT on Ciabatta

with Crisp Green Salad & Garlic Aioli



20-30min



2 Servings

It's hard to improve something as delicious as a BLT, after all it's loved for a reason. But, this CBLT really ups the ante for all future BLT's. Tender seared chicken breast, thick-cut smoky bacon, juicy plum tomatoes, and crisp green leaf lettuce are piled high on a toasty ciabatta roll that's been smeared with garlic aioli.

## What we send

- green leaf lettuce
- garlic
- mayonnaise <sup>3,6</sup>
- plum tomatoes
- boneless, skinless chicken breasts
- ciabatta rolls <sup>1,6</sup>
- bacon
- cucumbers

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

- skillet

## Allergens

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1060kcal, Fat 55g, Carbs 64g, Proteins 72g



### 1. Cook bacon

Place **bacon** in a medium skillet. Set skillet over medium-high heat and cook until fat is rendered and bacon is crisp, 3-4 minutes per side. Transfer bacon to a paper towel-lined plate. Leave **bacon fat** in skillet and reserve for step 4.



### 4. Cook chicken

Pat **chicken** dry and season all over with **½ teaspoon salt** and **a few grinds pepper**. Return reserved skillet with **bacon fat** to medium-high heat. Add **chicken** and cook until golden-brown and cooked through, 3-4 minutes per side.



### 2. Prep ingredients

Halve **lettuce** through core (save half for own use). Reserve a few whole leaves for sandwiches, then cut lettuce crosswise into 1-inch ribbons. Slice **tomato** into ¼-inch thick rounds. Reserve 4 slices for sandwiches, then roughly chop the remaining tomato slices. Halve **cucumber** lengthwise (peel if desired), then thinly slice into half moons.



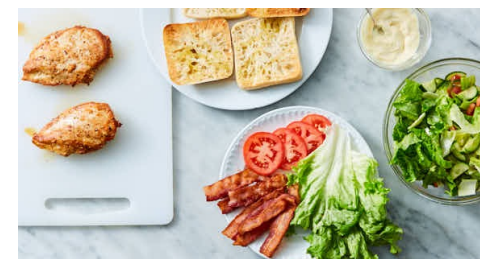
### 5. Toast ciabatta

While **chicken** cooks, preheat broiler with top rack 6 inches from heat source. Split **ciabatta rolls** in half. Drizzle cut-sides with **oil**. Place ciabatta directly on the top oven rack and broil until lightly golden-brown, about 2 minutes per side (watch closely as broilers vary).



### 3. Prep dressing

Peel and finely chop **½ teaspoon garlic**. In a small bowl, stir together **mayo** and **garlic**; season to taste with **salt** and **pepper**. In a medium bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**. Add **chopped tomatoes** and **cucumbers** and toss to coat. Set aside to marinate until step 6.



### 6. Assemble & serve

Add **chopped lettuce** to bowl with **tomatoes and cucumbers**. Season to taste with **salt** and **pepper**. Halve **chicken** crosswise, if desired. Spread **garlic mayo** on cut-sides of **ciabatta**. Top bottom buns with **chicken, bacon, and reserved tomato slices and lettuce leaves**. Close sandwiches and halve, if desired. Serve with **salad** alongside. Enjoy!