



**PICKY EATER PROOF**

## Chicken BLT on Ciabatta

with Crisp Green Salad & Garlic Aioli



20-30min



4 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

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

## What you need

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

## Tools

- skillet
- rimmed baking sheet

## 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 1050kcal, Fat 55g, Carbs 63g, Proteins 72g



### 1. Cook bacon

Place **bacon** in a large skillet (it's okay if it overlaps a bit, bacon will shrink as it cooks). Set skillet over medium-high heat and cook until fat is rendered and bacon is crisp, about 4 minutes per side. Transfer bacon to a paper towel-lined plate. Leave **bacon fat** in skillet and reserve until 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 to skillet and cook until golden-brown and cooked through, 3-4 minutes per side.



### 2. Prep ingredients

Halve **lettuce** through core. Reserve a few whole leaves for sandwiches, then cut remaining lettuce crosswise into 1-inch ribbons. Slice **tomatoes** into ¼-inch thick rounds. Reserve 8 slices for sandwiches, then roughly chop the remaining tomato slices. Halve **cucumbers** lengthwise (peel if desired), then thinly slice into half moons.



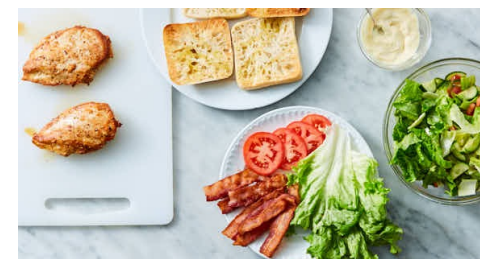
### 5. Toast ciabatta

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 on a rimmed baking sheet. Broil on top oven rack until lightly golden-brown, about 2 minutes per side (watch closely as broilers vary).



### 3. Prep dressing

Peel and finely chop **1 teaspoon garlic**. In a small bowl, stir together **mayo** and **garlic**; season to taste with **salt** and **pepper**. In a large bowl, whisk together **2 tablespoons vinegar** and **¼ cup 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 rolls with **chicken, bacon, and reserved tomato slices and lettuce leaves**. Close sandwiches and halve, if desired. Serve with **salad** alongside. Enjoy!