

# DINNERLY



## Reduced-Carb Chipotle Chicken Salad with Cucumber Ribbons and Pepitas



25 minutes



2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!



## WHAT WE SEND

- 1 tomato
- 2 garlic cloves
- 1 Lebanese cucumber
- 20g chipotle in adobo sauce
- chicken breast fillet
- 30g pepitas
- 50g rocket leaves

## WHAT YOU NEED

- 1 tbs olive oil
- 2 tbs mayonnaise <sup>1</sup>
- 1½ tsp red wine vinegar <sup>2</sup>

## TOOLS

- vegetable peeler
- medium frypan with lid

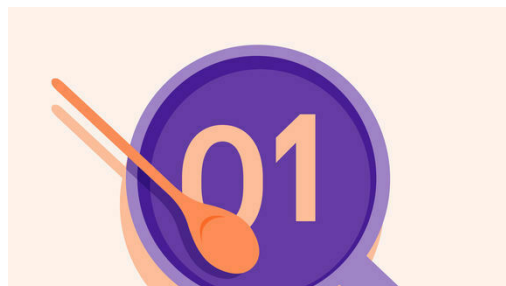
Our veggies come straight from the farm,  
so please wash them before cooking.

## ALLERGENS

Egg (1), Sulphites (2). May contain traces of other allergens.

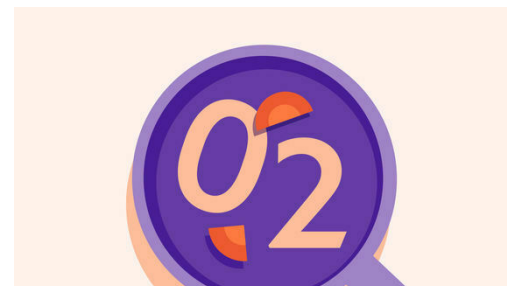
## NUTRITION PER SERVING

Energy 500kcal, Fat 34.0g, Carbs 5.6g,  
Protein 41.4g



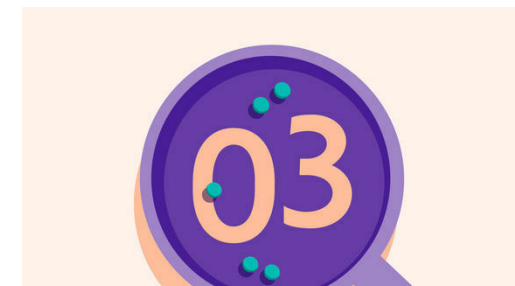
### 1. Prep ingredients

Coarsely chop the **tomato**. Crush or finely chop the **garlic**. Peel the **cucumber** into ribbons with a vegetable peeler.



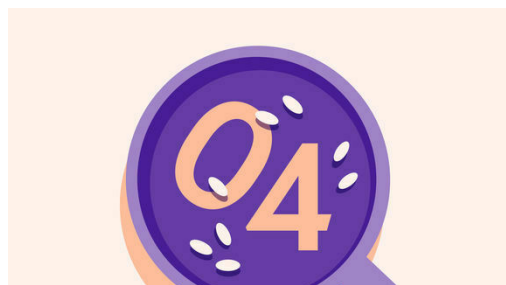
### 2. Marinate chicken

Combine the **garlic**, **half the chipotle** (see Make it milder) and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat.



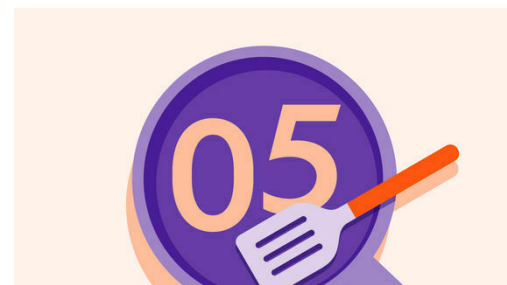
### 3. Cook chicken

Cook the **pepitas** in a cold medium frypan over medium heat, tossing, for 3-4 mins until toasted. Remove from the pan. Return the pan to medium heat. Add the **chicken** and cook for 3 mins each side or until browned. Reduce the heat to low, cover and cook for a further 5 mins or until cooked through. Remove the pan from the heat.



### 4. Make dressing

Meanwhile, combine the **remaining chipotle**, **2 tbs mayonnaise** and **1½ tsp red wine vinegar** in a bowl and season with **salt and pepper**.



### 5. Serve up

Put the **tomato**, **cucumber**, **rocket**, **pepitas** and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and toss to combine. Thickly slice the **chicken**. Divide the **salad** and chicken among bowls. Drizzle with the **dressing** and enjoy!



### 6. Make it milder

Chipotle is a smoky Mexican chilli sauce. We've recommended this amount for flavour, but if you prefer less heat, reduce the amount to taste in both the marinade and the dressing in Step 4.