



Grilled Roman Chicken

with Tomato and Herb Salad

GRILL

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Ciabatta Bun



Baby Heirloom Tomatoes



Basil



Balsamic Glaze



Parmesan Cheese, shredded



Italian Seasoning



Baby Spinach

HELLO GRILLED CIABATTA

Toasty charred ciabatta is the perfect vessel to soak up extra salad dressing!

START HERE

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 450°F over medium-high heat.

Bust Out

Medium Bowl, Measuring Spoons, Large Bowl, Whisk, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Ciabatta Bun	1	2
Baby Heirloom Tomatoes	227 g	454 g
Basil	7 g	14 g
Balsamic Glaze	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Halve the **ciabatta**. Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book and season with **salt** and **pepper**. Toss together **chicken**, **Italian seasoning** and **1 tbsp oil** (dbl for 4 ppl) in a medium bowl.



4. GRILL CIABATTA

Add **ciabatta** to grill and cook, flipping once, until grill marks form, 2-3 min per side. Remove to a cutting board to cool.



2. MAKE DRESSING

Whisk together the **balsamic glaze** and **2 tbsp oil** in large bowl. Season with **salt** and **pepper**. Set aside.



5. GRILL CHICKEN

While the **ciabatta** cools, add **chicken** to grill. Reduce heat to medium, close lid and grill until **chicken** is cooked through, flipping once, 5-7 min per side.**



3. GRILL TOMATOES

Add **tomatoes** to grill and cook turning once, until grill marks form, 1-2 min per side. transfer **tomatoes** to bowl with the **dressing** and toss to coat. Set aside.



6. FINISH AND SERVE

Tear the **grilled ciabatta** into medium-sized pieces. Add the **spinach** and **ciabatta** to the bowl with the **tomatoes** and toss to combine. Slice the **chicken**. Divide the **salad** between plates and top with the **chicken**. Sprinkle with the **Parmesan cheese**. Tear over the **basil**.

Dinner Solved!