

CHIMICHURRI CHICKEN & CUCUMBER BLUEBERRY SALAD

Made from just a few pantry ingredients and fresh parsley, chimichurri is a bright green sauce from Argentina that has amazing depth of flavor. Its delicious on roasted meats, steamed vegetables, or grilled anything! This recipe pairs it with a quick roasted chicken and a fresh massaged kale, cucumber, and blueberry salad with a simple vinaigrette. Serve leftover chimichurri with eggs in the morning or spread on a sandwich at lunch for a pop of fresh herby flavor.



Ingredients

- 6 bone-in, skin-on chicken pieces
- 1 Tablespoon olive oil
- salt and pepper
- 1 bunch fresh parsley
- 2-3 Teaspoons granulated garlic
- 1/2 teaspoon red pepper flakes (more to taste)
- 1-2 tablespoon white wine vinegar
- 1 bunch kale, stems removed and leaves torn into bite sized pieces
- 1 pint blueberries
- 5 small or 2-3 large cucumbers
- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1 teaspoon granulated garlic
- 2 tablespoon honey
- 1/2 cup feta cheese

Chimichurri

Salad Dressing

Equipment:

- 1 sheet pan
- Large mixing bowl
- Blender

PREPARATION: 20 MIN

COOKING: 35 MIN

READY IN: 35 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 400 degrees.

1. Remove **chicken** from packaging and pat dry. Rub with 1 tbsp **olive oil** and season with **salt and pepper**. Bake in preheated oven 30-35 minutes until cooked through (*chicken is no longer pink and reaches temperature of 165 degrees*).
2. Meanwhile for the chimichurri, rough chop the bunch of **parsley** and add to a blender with **granulated garlic, red pepper flakes, 1-2 tbsp white wine vinegar**, and a good pinch of salt and pepper. Blend until smooth or until texture is to your preference. Can add a little water if it's too thick. Transfer to bowl and refrigerate.
3. For the salad, add **kale** to a large bowl. Drizzle with a little olive oil and massage with your hands until leaves are tender and glossy. Slice **cucumbers** in halves 1 inch thick. Mix **blueberries** and cucumbers in bowl with kale.
4. Add 1/4 cup **white wine vinegar, 1/4 cup olive oil, honey, granulated garlic**, and a pinch of salt and pepper to a small bowl or jar. Mix until combined. Toss with kale, cucumbers, and blueberries and top with **feta cheese**.
5. Plate chicken with a drizzle of chimichurri sauce and some of the Cucumber Blueberry Salad. Enjoy!

Tips, Tricks, and Terms

We love a quick massaged kale salad as an easy, no cook way to enjoy this dark leafy green (and all the nutrients that come with it)! Because some kale varieties are more delicate than others, we suggest using curly kale for massaging as its quite hearty, fibrous, and benefits from a good massage. :)

Simply de-stem your kale leaves by grabbing the bottom, stalky end of the stem and running your other hand upward along the stem using a tight grip to remove the greens. Then either chop or tear the leaves into bite size pieces, add to a bowl with a heavy drizzle of oil, and/or lemon juice, salt and pepper and get in there with your hands! It become more tender and easier to chew and digest. Then proceed with your favorite salad recipe using your delicious massaged kale.

A little about...

ROUGH CHOP: an imprecise knife cut that results in pieces that are about the same size and somewhat large.

CHIMICHURRI : an uncooked sauce often made of finely chopped parsley, minced garlic, olive oil, oregano and vinegar. It is Argentine in origin and delicious on meats and salads.

DARK LEAFY GREENS: collards, kale, spinach, swiss chard, arugula, bok choy, and more—all rich in vitamins A & C, calcium, and fiber.



The Food Group is a nonprofit focused on using nutritious food to strengthen community. We work at the intersection of food access, equity, and nutrition issues related to food and hunger. We break down barriers to growing good food locally and getting good food to those who need it most.

Visit thefoodgroupmn.org to learn more and follow us:



THANKS TO OUR
AMAZING GROUP OF
PARTNERS!

