



THE SPLENDID EXPLORATIONS OF PULP DESIGN STUDIOS

GRILLED CHICKEN + HEARTS OF PALM SALAD



DIRECTIONS

CHICKEN:

Measure one big handful of field greens per person & toss with 1 tsp olive oil & salt & pepper to taste.

Salt and pepper to chicken taste & grill until cooked through. About 10-12 minutes. Lay atop field greens.

STACKED SALAD:

In a bowl, mash the avocado & mix in juice of 1/2 a lime & salt & pepper to taste (set aside)

Slice tomatoes about 1/2 inch thick (add about 2 slices per plate)

Drizzle Balsamic on tomatoes

Add mashed avocado - about 2 tablespoons per plate

Slice the Hearts of Palm & top over avocado

INGREDIENTS

- Chicken Cutlets - 1 pack
- Field Greens
- 2 - Beefsteak Tomatoes
- 1 jar - Hearts of Palm
- 1 - Avocado
- 1 - Lime
- Salt & Pepper
- Olive Oil
- Balsamic Vinaigrette
(See separate balsamic recipe)

PULP
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