

Chipotle Chick'n, Arugula, Tomato & Corn Salad | Plant-Based

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 1 hour

Preparing Your Mise en Place

Begin to gather and prepare your mise en place. Make the Lemon Shallot Dressing and Horseradish Bechamel and set aside.

Prepare the Chipotle Fried Chick'n and let sit on cooling rack while you begin to assemble the salad.

In a mixing bowl gently toss the arugula, corn, tomatoes, and red onions. Set aside and dress right before serving.

Step 1: Preparing Your Mise en Place

- 4 pieces of Chipotle Fried Chick'n
- 1/2 cup Lemon Shallot Vinaigrette
- 1/2 cup Horseradish Béchamel
- 2 cups arugula
- 3 small vine-ripened tomatoes, sliced in wedges
- 1/4 cup red onions, julienne-thin
- 2 ears of sweet corn, grilled and removed from cob

Step 2: Assembling the Dish

Lightly drizzle the Lemon Shallot Dressing onto the salad and season to taste.

To serve the dish, drizzle the plate with some of the horseradish cream and then place a piece of Chick'n on top. Lastly, top the Chick'n with a small handful of the salad and garnish the plate with a few tomato wedges and some of the corn.