Asian-Style Chicken Salad

Make-ahead · Serves a crowd · Family favorite · Serves 6

Ken's note: TBD

A family favorite: roast chicken with a peanut dressing, red bell pepper, and asparagus.

Ingredients

Chicken and salad

- 4 split chicken breasts (bone-in, skin-on)
- Olive oil
- Kosher salt
- Freshly ground black pepper
- ½ lb asparagus, ends trimmed, cut in thirds on the diagonal
- 1 red bell pepper, cored and seeded, cut into thin strips
- 2 scallions (white and green parts), sliced on the diagonal
- 1 Tbsp white sesame seeds, toasted

Peanut dressing

- ½ cup vegetable oil
- ¼ cup apple cider vinegar
- 3 Tbsp soy sauce
- 1½ Tbsp toasted sesame oil
- ½ Tbsp honey
- 1 garlic clove, minced
- ½ tsp peeled, grated fresh ginger
- ½ Tbsp sesame seeds, toasted
- ¼ cup smooth peanut butter
- 2 tsp kosher salt
- ½ tsp freshly ground black pepper

Method

1. Heat the oven to 350°F. Rub the chicken with olive oil, season generously with salt and pepper, and roast on a sheet pan 35–40 minutes, until cooked through. Cool until you can handle it, then discard the skin and bones and shred the meat into bite-size pieces.
2. Meanwhile, blanch the asparagus in boiling salted water 3–5 minutes, until crisp-tender. Drain, ice down, and drain again. Cut the bell pepper into strips about the same length as the asparagus.
3. Whisk the dressing until smooth. In a large bowl, combine the chicken, asparagus, and bell pepper. Pour on the dressing, add the scallions and the tablespoon of toasted sesame seeds, and toss well. Serve right away, or chill first.