

GRILLED “CHICKEN” AND VEGETABLE SALAD WITH SUNFLOWER SEED PESTO

YIELD:	<i>four to six servings (500 g/ 1.1 lb)</i>
TIME ESTIMATED:	<i>1 hour overall</i>
STORAGE NOTES:	<i>may be made up to 3 days in advance; keeps for 5 days when refrigerated or up to 6 months when frozen</i>
LEVEL OF DIFFICULTY:	<i>moderate</i>
SPECIAL REQUIREMENTS:	<i>Parmigiano-Reggiano or similar aged, dry cheese; meatless “chicken” strips (Beyond Meat brand); grill</i>

The sunflower-seed pesto in this recipe is good for more than just grilling. It also makes a flavorful spread, rub, or pasta sauce.

INGREDIENT	WEIGHT	VOLUME	SCALING	PROCEDURE
Basil leaves	40 g	2¼ cups	12%	① Bring a pot of water to a boil, and arrange an ice-water bath nearby. ② Blanch the herbs in the boiling water for about 15 seconds, and then use a skimmer or a slotted spoon to plunge the greens immediately into the ice water. ③ Drain, squeezing out excess moisture.
Chives, cut to 5 cm/2 in lengths	35 g	1½ cups	11%	
Cilantro leaves	35 g	2 cups	11%	
Scallion greens, thickly sliced	35 g	2 cups	11%	④ Cook in the boiling water until tender, about 2 minutes, and then drain.
Baby spinach	15 g	1 cup	4.5%	
Garlic, peeled	8 g	2–3 cloves	2.5%	⑤ Combine with the blanched greens and garlic in a food processor. ⑥ Pulse the mixture to a coarse puree.
Parmigiano-Reggiano cheese, finely grated	50 g	1 cup	15%	
Raw sunflower seed kernels	50 g	½ cup	15%	⑦ Add gradually to the puree while processing, and continue pulsing until the mixture becomes a smooth paste.
Extra-virgin olive oil	95 g	110 mL/ ½ cup	29%	
Neutral-tasting oil	20 g	20 mL/ 1½ Tbsp	6%	
Lemon juice, freshly squeezed	15 g	15 mL/3 tsp	5%	⑧ Season to taste. ⑨ Refrigerate or freeze the pesto if it will not be used immediately.
Salt	to taste			
Lemon juice, freshly squeezed	to taste			⑩ Preheat a grill until it is very hot, at least 260 °C/500 °F with the lid closed. ⑪ Thread a skewer through the rounds of red onion to hold them flat. ⑫ Toss the chicken-free strips and each kind of prepared vegetable individually in the olive oil and salt. ⑬ Grill the vegetables until tender. ⑭ Grill the chicken-free strips until lightly charred. ⑮ Cut the root from the pieces of fennel bulb, and discard the root. ⑯ Cut the grilled vegetables into bite-size pieces. ⑰ Add the pesto to the vegetables and chicken-free strips, and toss until evenly coated.
Chicken-free strips (Beyond Meat brand)	325 g		100%	
Red onion, peeled and sliced to 6 mm/¼ in rounds		1 large		
Fennel bulb, cut into quarters with root intact		1 bulb		
Red and green bell peppers, cut to 5 cm/2 in squares		3–4 peppers		
Zucchini, cut to 6 mm/¼ in slices		2 large		
Olive oil	as needed			
Salt	to taste			
Salt	to taste			
Fennel fronds	as needed			