


# DINNERLY



## Seared Chicken & Alabama Sauce with Pickled Green Bean & Corn Salad

 20-30min  4 Servings

White BBQ sauce is a unique Southern staple, originating in Alabama, served exclusively with smoked chicken for dipping. Typically made with mayo, vinegar, and horseradish, we've made ours with sour cream, quick-pickle juice, and lots of black pepper. Throw in some homemade pickled dilly beans and sweet corn and suddenly the gangs all here, ready for an Alabama-style picnic. We've got you cover...

## WHAT WE SEND

- boneless skinless chicken breast
- fresh dill
- garlic
- corn on cob
- apple cider vinegar
- green beans

## WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- sugar

## TOOLS

- fine-mesh sieve
- large saucepan
- medium skillet

## ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

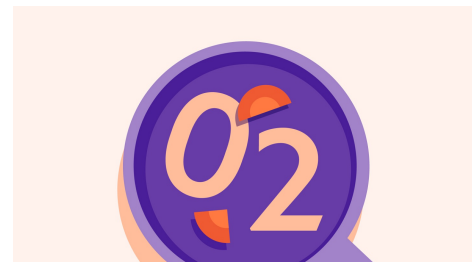
## NUTRITION PER SERVING

Energy 268.0kcal, Fat 9.7g, Proteins 27.3g, Carbs 20.7g



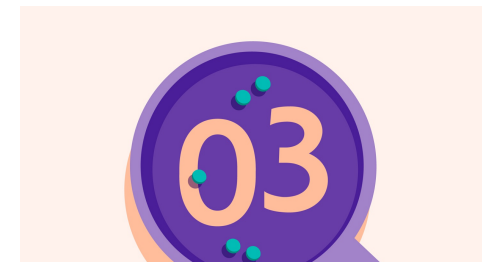
### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Finely chop **dill fronds** and **stems**. Peel and chop **3 cloves garlic**. Trim stem ends from **green beans** and cut into 1½-inch pieces. Shuck **corn**, remove any silks, and cut kernels from the cob.



### 2. Pickle dilly beans

In a medium bowl, combine **vinegar**, **chopped dill**, ½ of the **garlic**, and **1 tablespoon each salt and sugar**. Add **beans** to saucepan and cook until crisp-tender, 3 minutes. Stir in **corn** and cook 30 seconds. Reserve **1¼ cups boiling water**, then strain **vegetables**. Add vegetables and reserved boiling water to vinegar mixture.



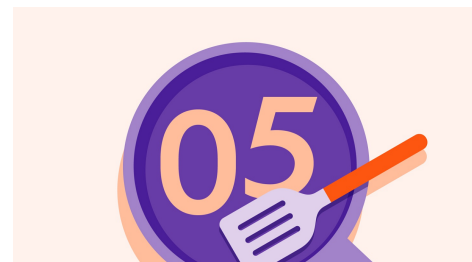
### 3. Make sauce

In a small bowl, combine **sour cream**, **remaining garlic**, ¼ teaspoon each **salt and pepper**, and **2 tablespoons bean pickling liquid**.



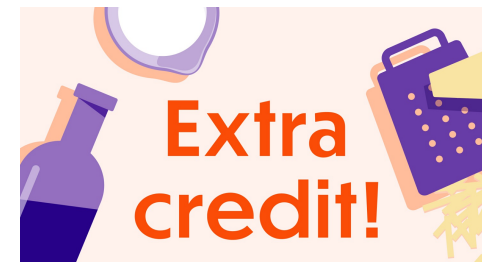
### 4. Cook chicken

Pat **chicken** dry and pound to an even ½-inch thickness if necessary. Season all over with a **generous pinch salt and pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken and cook until golden and cooked through, 2–3 minutes per side.



### 5. Finish & serve

Strain **pickled beans** and **corn** and transfer to plates. Serve **chicken** alongside and drizzle with **sauce**. Enjoy!



### 6. Make it ahead

The dilly beans will still be quick, even if you get them started ahead of time! Because the longer they pickle, the more they will tickle your taste buds and stickle in your mind. You'll want to lick the plate.