

DINNERLY



LOW CALORIE

Grilled BBQ-Rubbed Chicken with Roasted Red Pepper Potato Salad

 20-30min  2 Servings

We hope you're ready for BBQ feels on a Wednesday night! Or whatever night you happen to be indulging in this deliciousness. BBQ chicken served with creamy potato salad sounds pretty perfect to us. Especially when that potato salad involves roasted red peppers. We've got you covered!

WHAT WE SEND

- barbecue spice
- russet potato
- boneless, skinless chicken breasts
- scallions
- roasted red pepper
- garlic

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

TOOLS

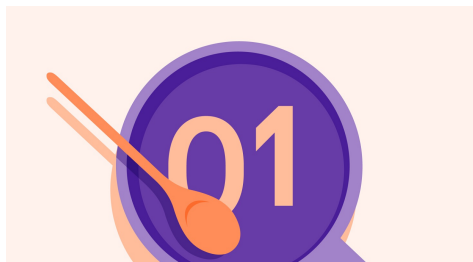
- colander
- grill or grill pan
- medium saucepan

ALLERGENS

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

NUTRITION PER SERVING

Energy 550.0kcal, Fat 23.0g, Proteins 40.0g, Carbs 47.0g



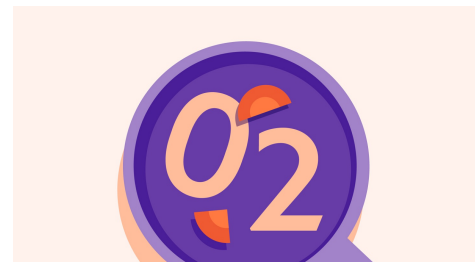
1. Cook potatoes

Scrub **potato**, then cut into 1-inch pieces. Place potatoes in a medium saucepan. Cover by 1 inch with **salted water**. Cover to bring to a boil, then cook, uncovered, until potatoes are just tender, 5-6 minutes. Drain and rinse with cold water. Lay potatoes in one layer on a plate, and transfer to freezer to chill for at least 10 minutes.



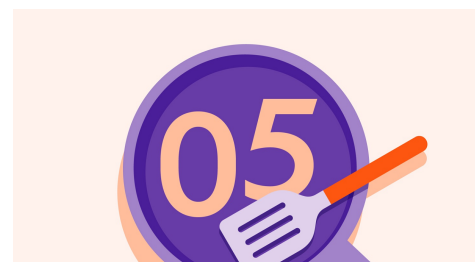
4. Make potato salad

In a medium bowl, whisk together **sour cream** and **garlic**. Season generously with **salt** and **pepper**. Add **red peppers**, **sliced scallion greens**, and **cooled potatoes**. Season to taste with **salt** and **pepper**.



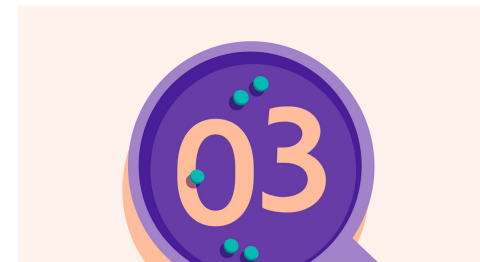
2. Prep ingredients

Trim ends from **scallions**, then thinly slice top 2 inches of dark greens, leaving rest of scallions whole. Pat **red peppers** dry, then cut into bite-size pieces. Peel and finely chop $\frac{1}{2}$ **teaspoon garlic**. Pat **chicken** dry and rub with **oil**. Sprinkle lightly with **salt**, then season all over with $3\frac{1}{2}$ **teaspoons barbecue spice**.



5. Finish dressing & serve

Roughly chop **charred scallions**. In a small bowl, stir together **2 teaspoons vinegar** and **2 tablespoons oil**. Stir in charred scallions and season to taste with **salt** and **pepper**. Serve **chicken** alongside **potato salad** with **dressing** spooned over top of chicken. Enjoy!



3. Grill scallions & chicken

Heat a grill or grill pan to high. Brush lightly with **oil**. Add **whole scallions** and **chicken**, and cook until chicken is golden brown and cooked through and scallions are softened and lightly charred, 3-4 minutes per side. Transfer scallion and chicken to a cutting board.



6. Make it a sandwich!

Turn this barbecue chicken into a sandwich with any handy rolls you might have. Top it with your fave barbecue sauce and some thinly sliced red onion. Maybe even some pickles!