



## BBQ Spice Rubbed Chicken

with Corn-Tomato Sauté



20-30min



2 Servings

Instead of an overly sugary BBQ sauce we make a fresh, flavorful rub with our own BBQ spice blend, olive oil, and pepper. The result is a more healthy take on BBQ chicken that scratches the barbecue itch in a lighter way. In keeping with the warm-weather barbecue vibe, we pair the chicken with a fresh corn and tomato sauté! A creamy, tangy sauce drapes the chicken before serving.



## What we send

- BBQ spice
- fresh basil
- ears of corn
- boneless, skinless chicken breasts
- garlic
- scallions
- grape tomatoes

## What you need

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

## Tools

- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

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

## Nutrition per serving

Calories 835.0kcal, Fat 50.0g, Proteins 45.3g, Carbs 60.0g



### 1. Marinate chicken

Pat **chicken** dry and, using a meat mallet or heavy skillet, pound to an even ½-inch thickness. In a medium bowl, combine **3½ teaspoons of the BBQ spice, 2 teaspoons each oil and water, and a few grinds pepper**. Transfer chicken to bowl, tossing to coat. Let stand while you prep the vegetables.



### 2. Prep ingredients

Peel and finely chop **1 teaspoon garlic**. Shuck **corn**, removing any strings, then cut kernels from cobs. Trim ends from **scallions**, then thinly slice. Pick **basil leaves** from stems, discarding stems, then thinly slice leaves.



### 3. Season sour cream

In a small bowl, combine **sour cream, 1 tablespoon each water and oil, and ¼ teaspoon each vinegar, chopped garlic, and salt**. Whisk until smooth. Season to taste with **pepper**.



### 4. Cook corn & tomatoes

Heat **1 tablespoon oil** in heavy, medium skillet over medium-high. Add **half of the tomatoes** and cook until beginning to brown, 3-4 minutes, crushing gently with a spoon to release juices. Add **corn, remaining chopped garlic, and 1 tablespoon oil**. Cook, stirring frequently, until corn is tender, 3-4 minutes. Season with **¼ teaspoon salt and a few grinds pepper**.



### 5. Cook chicken

Transfer **corn and tomato mixture** to a medium heatproof bowl. Cover to keep warm. Wipe out skillet. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden-brown and cooked through, 3-4 minutes per side. Transfer chicken to plates.



### 6. Finish & serve

Stir **basil, 2 teaspoons each vinegar and oil, and ⅔ of the scallions** into **corn-tomato sauté**. Season to taste with **salt and pepper**. Serve **chicken** topped with **sour cream sauce** and **corn-tomato sauté** alongside. Garnish with **remaining scallions**. Enjoy!