



## BBQ Spice Rubbed Chicken

with Corn-Tomato Sauté



20-30min



4 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

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

## 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 683.0kcal, Fat 33.5g, Proteins 45.0g, Carbs 62.5g



### 1. Marinate chicken

Pat **chicken** dry and, using a meat mallet or heavy skillet, pound to an even ½-inch thickness. In a large bowl, combine **2 rounded tablespoons BBQ spice**, **1 tablespoon 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 **2 teaspoons 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 **all of the sour cream**, **2 tablespoons each oil and water**, and **½ teaspoon each vinegar, chopped garlic, and salt**. Whisk until smooth. Season to taste with **pepper**.



### 4. Cook corn & tomatoes

Heat **1 tablespoon oil** in large, heavy skillet over medium-high. Add **tomatoes** and cook until beginning to brown, crushing gently with spoon to release juices, 3-4 minutes. Add **corn**, **remaining chopped garlic**, and **1 tablespoon oil**. Cook, stirring, until corn is tender, about 4-5 minutes. Season to taste with **salt** and **a few grinds of pepper**.



### 5. Cook chicken

Transfer **corn** and **tomato mixture** to a large 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**, **1 tablespoon each oil and vinegar**, and **⅔ of the scallions** into **corn-tomato sauté**. Season to taste with **salt** and **pepper**. Spoon **sour cream sauce** over **chicken**. Serve **chicken** with **corn-tomato sauté** alongside and garnish with **remaining scallions**. Enjoy!