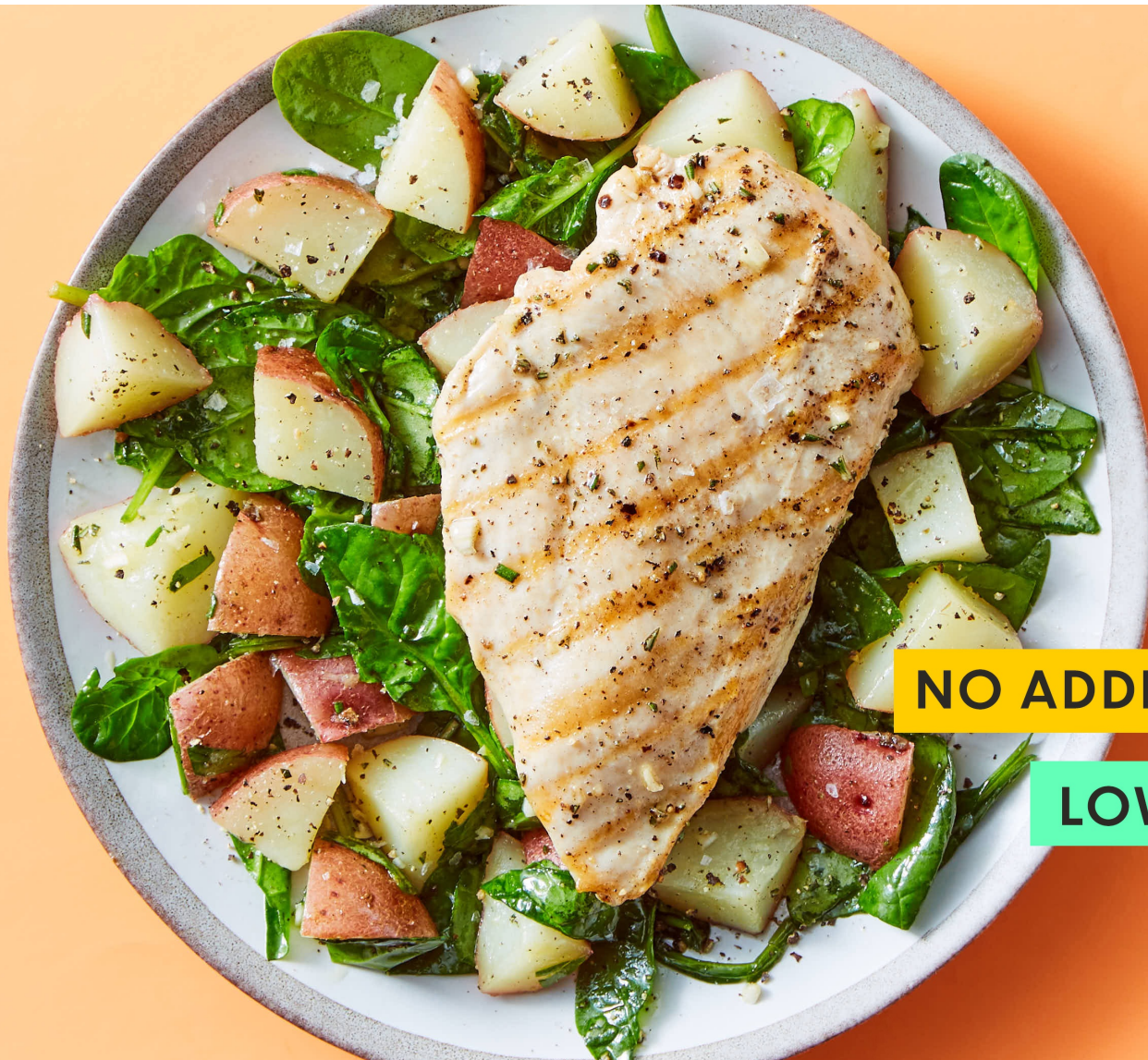




DINNERLY



NO ADDED GLUTEN

LOW CALORIE

Garlic-Herb Grilled Chicken with Spinach & Potato Salad

 20-30min  4 Servings

It's a universally acknowledged concept that you can't be everything to everyone...unless, of course, you're grilled chicken. In that case, you can transform to satisfy everyone's tastes and cravings because grilled chicken is the blank canvas of the food world. Here, it's loaded with a delicious garlic-rosemary sauce and served atop a healthy spinach and potato salad. We've got you covered!

WHAT WE SEND

- garlic
- boneless, skinless chicken breasts
- fresh rosemary
- red potatoes
- baby spinach

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

TOOLS

- colander
- large saucepan
- meat mallet (or heavy skillet)

ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 430.0kcal, Fat 23.0g, Proteins 27.0g, Carbs 29.0g



1. Prep ingredients

Pat **chicken** dry, then, using a meat mallet or heavy skillet, pound to an even ¼-inch thickness. Peel and finely chop **1 teaspoon garlic**. Pick **2 teaspoons rosemary leaves**, then finely chop. Scrub **potatoes**, then cut into ½-inch pieces.



2. Cook potatoes

In a large saucepan, combine **potatoes**, **1 tablespoon salt**, and enough water to cover by ½ inch. Bring to a boil, then cook until potatoes are easily pierced with a fork, 6–7 minutes. Drain well. Return to saucepan.



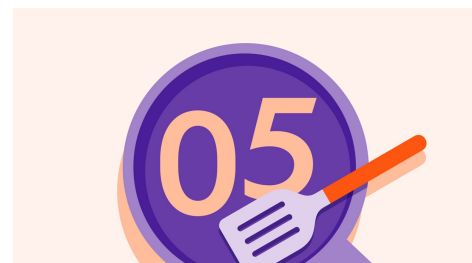
3. Make garlic-herb sauce

Meanwhile, in a large bowl, combine **chopped rosemary**, **garlic**, **¼ cup oil**, and **a few grinds pepper**.



4. Grill chicken

Heat a grill or grill pan to high. Brush lightly with **oil**. Season **chicken** with **1 teaspoon salt** and **a few grinds pepper**. Transfer to grill or grill pan, reduce heat to medium, and cook until lightly charred on both sides, about 3 minutes per side. Transfer to bowl with **garlic-herb sauce**, turning to coat. Let rest 5 minutes.



5. Finish salad & serve

Transfer **chicken** to plates. Whisk **2 tablespoons each vinegar and oil** into **garlic-herb sauce**. Add **potatoes** to the same bowl, stirring gently to coat. Coarsely chop **spinach**, then add to bowl with potatoes to wilt slightly. Season to taste with **salt** and **pepper**. Serve **grilled chicken** with **potato-spinach salad**. Enjoy!



6. No grill, no problem!

If you don't have a grill or grill pan, feel free to cook the chicken in a large skillet over medium-high in 2 tablespoons oil.