

Smoky BBQ Chicken

with Kale and Cheesy Grits



20-30min



4 Servings

A staple of Southern cooking, the “meat and three” is just that—a meat dish and three sides. Here, we’re doing meat and two with just as much gusto: chicken with a tart cherry BBQ glaze, cheesy, creamy grits, and tender sautéed kale on the side. Cook, relax, and enjoy!

What we send

- cherry preserves
- quick-cooking grits
- boneless, skinless chicken breasts
- garlic
- barbecue sauce ⁶
- scallions
- curly kale

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- large ovenproof skillet
- small saucepan

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

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 695kcal, Fat 27g, Carbs 49g, Proteins 48g



1. Make BBQ glaze

Preheat the broiler with top rack 4-6 inches from heat source. In a small bowl, combine **barbecue sauce, cherry preserves, and a pinch salt.**



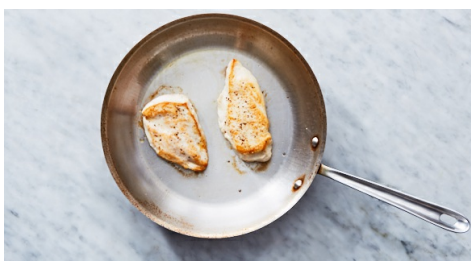
2. Prep ingredients

Trim tops and roots from **scallions**; thinly slice. Cut **cheddar** into small pieces. Strip **kale leaves** from stems; coarsely chop leaves, and wash and dry well. Peel and finely chop **2 large cloves garlic.**



3. Make grits

In a small saucepan, bring **2 cups water** and **½ teaspoon salt** to a boil. In a steady stream, stir in **grits**. Lower heat to medium and cook, stirring occasionally to prevent sticking, until grains are tender, 5-7 minutes. Remove from heat and stir in **cheese, half of scallions, and several grinds pepper.** Cover to keep warm.



4. Cook chicken

Season **chicken** all over with **½ teaspoon salt** and **several grinds pepper.** Heat **1 tablespoon oil** in a large, ovenproof skillet over medium-high. Add chicken (in batches if necessary) and cook until lightly browned, about 2 minutes. Flip and cook, about 1 minute more.



5. Glaze chicken

Off the heat, brush about **half the BBQ glaze** on top of **chicken** (reserve the rest for serving). Broil until lightly caramelized, 2-3 minutes (watch closely as broilers vary). Transfer chicken to plates. Scrape up any **caramelized juices** in the pan and pour over chicken.



6. Cook kale

Add **1 tablespoon oil** to skillet, then **kale, garlic, and remaining scallions**; season with **salt.** Cook over medium-high until wilted, stirring occasionally, 2-3 minutes. Add **¼ cup water**; cover and cook over medium until **kale** is tender, 3-4 minutes more. Rewarm **grits**, stir in **1 tablespoon water** if needed, and serve with **chicken, kale, and BBQ glaze.** E...