



FAST

LOW CARB

Piri Piri Grilled Chicken

with Grilled Bread & Tomato Salad



20-30min



2 Servings

If you don't have a grill or grill pan, heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until lightly charred and cooked through, 2-3 minutes per side. Transfer chicken to a plate. Add rolls to skillet and cook until lightly toasted, 1-2 minutes per side.

What we send

- boneless, skinless chicken breasts
- plum tomatoes
- mini French rolls ¹
- mayonnaise ^{3,6}
- piri piri spice
- garlic
- fresh cilantro
- shallot
- baby arugula

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

Tools

Allergens

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 50g, Carbs 33g, Proteins 41g



1. Season chicken

Pat **chicken** dry. In a shallow bowl, combine **1 tablespoon oil**, **1-1½ teaspoons of the piri piri seasoning** (depending on heat preference), **½ teaspoon salt**, and **a few grinds pepper**. Transfer chicken to the shallow bowl and rub all over with **piri piri oil**. Let marinate, turning occasionally, until step 5.



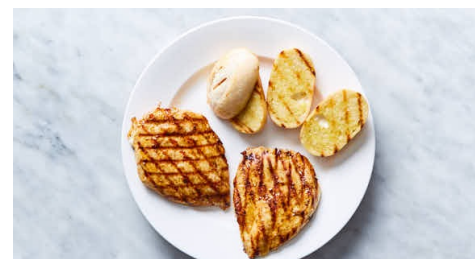
4. Season mayonnaise

In a small bowl, combine **mayonnaise**, **remaining chopped garlic**, and **a pinch of the piri piri seasoning**. Stir in **1 teaspoon each oil and water**. Season to taste with **salt and pepper**.



2. Prep ingredients

Peel **2 medium garlic cloves**. Finely chop ½ teaspoon garlic, keeping 2nd clove whole. Peel and thinly slice **half of the shallot**. Core **tomatoes**, then halve lengthwise and slice crosswise into ½-inch thick half-moons. Finely chop **cilantro leaves and stems** together. Cut **rolls** in half, then brush generously all over with **oil**.



5. Grill chicken & rolls

Preheat a grill or grill pan to high. Brush grill grates lightly with **oil**. Add **chicken** to grill or grill pan and cook until lightly charred and cooked through, about 4 minutes per side. Transfer to plates. Add **rolls** and grill until warm and lightly charred, 2-3 minutes per side. Rub **cut sides of bread** with **whole garlic clove**; transfer to plates with chicken.



3. Assemble salad

In a medium bowl, combine **¼ teaspoon of the chopped garlic**, **1 tablespoon vinegar**, and **2 tablespoons oil**. Season with **a pinch each salt and pepper**. Add **tomatoes, sliced shallots**, and **⅔ of the cilantro**; stir to combine.



6. Finish & serve

Add **arugula** and **shallots** to the bowl with **marinated tomatoes**, and toss to combine. Season to taste with **salt and pepper**. Garnish **chicken** with **remaining cilantro** and serve with **rolls** and **salad** alongside. Serve **seasoned mayo** on the side for dipping the **chicken**, or spread a little on the cut-side of the **rolls** to build open-faced sandwiches. Enjoy!