



LOW CARB

LOW CALORIE

Grilled Caribbean Chicken

with Pineapple Salsa & Crisp Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with the top rack 6 inches from the heat source. Place onions on a rimmed baking sheet and broil on top rack until lightly charred, 5-7 minutes. Heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until golden and cooked through, about 3-4 per side.

What we send

- boneless, skinless chicken breasts
- cucumber
- pineapple
- romaine heart
- red onion
- queso blanco ⁷
- lime
- Fresno chile
- fresh cilantro
- jerk spice blend ^{1,6}

What you need

- kosher salt & ground pepper
- olive oil

Tools

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

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

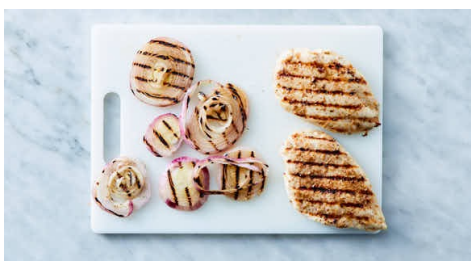
Nutrition per serving

Calories 500kcal, Fat 25g, Carbs 33g, Proteins 43g



1. Prep salsa

Cut **pineapple** into ¼-inch pieces. Squeeze **1 tablespoon lime juice** into a small bowl. Halve **Fresno chile**, remove stem and seeds, then finely chop 1-2 tablespoons (depending on heat preference). Finely chop **cilantro leaves and stems** together. Peel **onion**, then slice into ¼-inch thick rings. Finely chop 1 tablespoon of the onion, leaving remaining rings intact.



4. Grill onions & chicken

Reduce grill or grill pan heat to medium-high. Add **onions** and cook, turning once or twice, until lightly charred and tender, 5-7 minutes. Add **chicken** and cook until lightly charred and cooked through, 3-4 minutes per side.



2. Make pineapple salsa

In a medium bowl, stir together **pineapple, chopped chile and onions, half of the cilantro, 1 teaspoon of the lime juice, and 2 teaspoons oil**. Season to taste with **salt and pepper**.



5. Prep salad & dressing

While **chicken** and **onions** grill, halve **romaine** lengthwise, then thinly slice crosswise, discarding end. Halve **cucumber** lengthwise (peel if desired), then thinly slice into half-moons. In a large bowl, whisk **remaining 2 teaspoons lime juice** with **2 tablespoons oil**.



3. Prep onions & chicken

Preheat a grill or grill pan to high. Drizzle **onions** with **oil** and season with **salt and pepper**. Pat **chicken** dry, rub lightly with **oil**, and season all over with **1½-2½ teaspoons of the jerk seasoning** (depending on heat preference).



6. Finish & serve

Add **romaine, cucumbers, and remaining cilantro** to bowl with **dressing**. Crumble in **queso blanco** and toss to coat. Season to taste with **salt and pepper**. Serve **chicken** topped with **pineapple salsa** and with **salad and grilled onion rings** alongside. Enjoy!