



LOW CARB

LOW CALORIE

## Grilled Caribbean Chicken

with Pineapple Salsa & Crisp Salad



20-30min



4 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

- cucumber
- red onion
- Fresno chile
- lime
- cilantro
- boneless, skinless chicken breasts
- pineapple
- romaine heart
- queso blanco <sup>7</sup>
- jerk spice blend <sup>1,6</sup>

## 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.

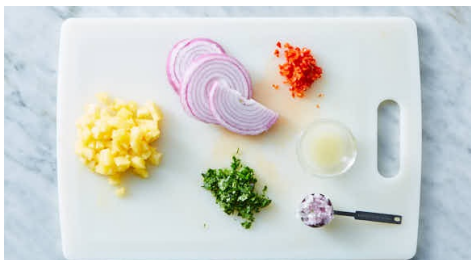
### Allergens

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 480kcal, Fat 24g, Carbs 29g, Proteins 42g



### 1. Prep salsa

Cut **pineapple** into ¼-inch pieces. Squeeze **2 tablespoons lime juice** into a small bowl. Halve **Fresno chile**, remove stem and seeds, then finely chop 2-3 tablespoons (depending on heat preference). Finely chop **cilantro leaves and stems** together. Peel **onion**, then slice into ¼-inch thick rings. Finely chop 2 tablespoons of 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, 2 teaspoons of the lime juice**, and **1 tablespoon 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 ends. Halve **cucumber** lengthwise (peel if desired), then thinly slice into half-moons. In a large bowl, whisk **remaining lime juice** with **¼ cup 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 **1-1½ tablespoons 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!