DINNERLY

Low-Carb Spice-Rubbed Chicken

with Buttery Corn & Tomatoes

20-30min 2 Servings

This summer's hottest accessory is... CORN! We love you, corn, so this one's for you. Juicy chicken breast gets a BBQ spice makeover. We serve it alongside a summery salad with sweet corn, tomatoes, and scallions all tossed in a lime vinaigrette. We've got you covered!

WHAT WE SEND

- ¼ oz chorizo chili spice blend
- 1 plum tomato
- 1 lime
- 2 scallions
- 5 oz corn
- ¼ oz granulated garlic
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter [1]

TOOLS

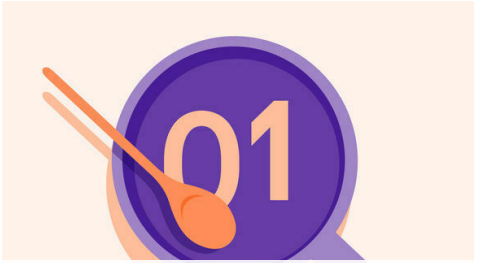
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

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

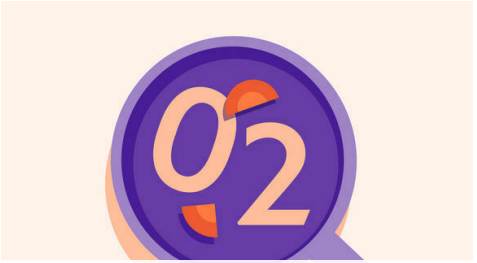
NUTRITION PER SERVING

Calories 590kcal, Fat 43g, Carbs 20g, Protein 36g



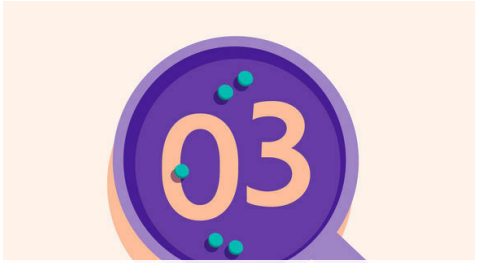
1. Marinate chicken

In a small bowl, stir to combine **1 tablespoon chorizo chili spice blend** and **1 tablespoon oil**, then rub all over **chicken**. Season all over with **salt**. Set aside to marinate until step 4.



2. Marinate tomatoes

Cut **tomato** into ½-inch pieces. Squeeze **1 tablespoon lime juice** into a medium bowl, then whisk in **2 tablespoons oil**, and **a pinch each of salt and pepper**. Cut any remaining lime into wedges and set aside. Reserve **1 tablespoon of the dressing** for serving, then toss tomatoes with remaining dressing; set aside to marinate.



3. Cook corn

Trim **ends from scallions**, then thinly slice. Melt **2 tablespoons butter** in a medium skillet over medium-high. Add **corn, all but 1 tablespoon of the scallions, ¼ teaspoon granulated garlic**, and **a pinch each of salt and pepper**. Cook, stirring, until corn is tender, 2–3 minutes. Stir corn and cooked scallions into **marinated tomatoes**. Wipe out skillet.

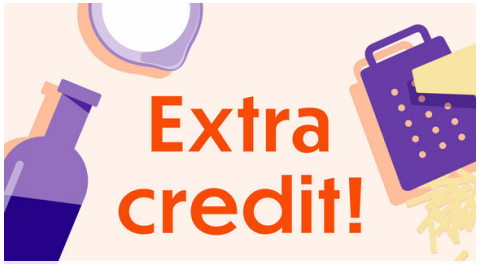
4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until well browned and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest for 5 minutes.

5. Finish & serve

Cut **chicken** into ½-inch thick slices. Stir **remaining scallions** into **corn and tomatoes**; season to taste with **salt** and **pepper**.

Serve **chorizo chili chicken** with **buttery corn and tomatoes** alongside. Spoon **reserved dressing** over **chicken** along with **a squeeze of lime**, if desired. Enjoy!



6. Take it to the next level

Two words: Taco Party. Looking to kick this dinner up a notch, or unsure of what to do with leftovers? Serve with some tortillas, guacamole, sour cream, and maybe a little hot sauce, if you're feeling extra spicy.