



Grilled Chicken Thighs

with Veggies & Smoked Almond Pesto



20-30min



2 Servings

If you don't have a grill or grill pan, preheat broiler with top rack 6 inches from heat source. Place peppers and zucchini on a rimmed baking sheet and broil on top oven rack until lightly charred, 5-10 minutes (watch closely as broilers vary). Heat 1 tablespoon oil in a skillet over medium-high. Add chicken and cook until golden brown and cooked through, 5-6 minutes per side.

What we send

- 1 lb pkg boneless, skinless chicken thighs
- ¼ oz fresh parsley
- garlic
- 1 lemon
- 1 bell pepper
- 1 zucchini
- 1 ciabatta roll ¹
- 1 oz smoked almonds ^{6,15}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- grill or grill pan
- microplane or grater

Allergens

Wheat (1), Soy (6), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 38g, Carbs 35g,
Proteins 55g



1. Prep chicken thighs

Pat **chicken** dry and trim excess fat. Lightly pound thighs to an even thickness, if necessary. Rub chicken with **oil**, then season all over with **½ teaspoon each of salt and pepper**. Let sit until step 5.



2. Prep ingredients

Coarsely chop **parsley leaves and stems** together. Finely chop **1 teaspoon garlic**, then set aside **one whole clove** for step 6. Grate **¼ teaspoon lemon zest**, then separately **squeeze 1½ tablespoons lemon juice** into a small bowl.



3. Prep vegetables & bread

Halve **bell pepper**, remove stem and seeds, and press to flatten. Trim ends from **zucchini** and cut crosswise into ½-inch thick rounds. Brush veggies with **oil**, then season with **salt and pepper**. Split **ciabatta roll** horizontally and brush with **oil**.



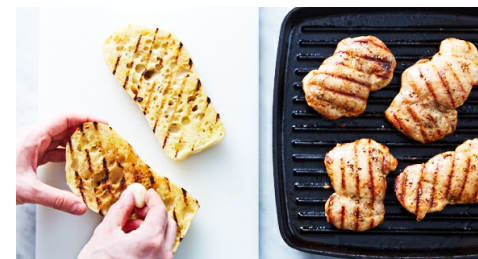
4. Make almond pesto

Preheat a grill or grill pan to high. Coarsely chop **almonds**. Add **parsley, lemon zest**, and **chopped garlic** to cutting board with almonds; chop together until fine. (Alternatively, pulse almonds, parsley, garlic, and zest in a food processor until fine.) Transfer to bowl with **lemon juice** and stir in **3 tablespoons oil**. Season to taste with **salt and pepper**.



5. Grill vegetables

Lightly **oil** grill grates. Grill **zucchini and peppers** over medium-high, turning once or twice, until lightly charred and tender, 3-5 minutes for zucchini and 5-7 minutes for bell pepper. Transfer to a plate and cover loosely with foil to keep warm.



6. Grill chicken & bread

Grill **chicken thighs** over medium heat, turning occasionally, until charred and cooked through to 165°F, 10-15 minutes. Move chicken to one side of the grill or grill pan, then add **bread**; grill, turning once, until golden and toasted, 2-3 minutes per side. Lightly rub cut sides of **bread** with **whole garlic clove**. Serve **mixed grill** with **almond pesto** spooned over. Enjoy!