



Alabama White BBQ Chicken

with Grilled Potato & Green Bean Salad

1h 2 Servings

Alabama white barbecue sauce is a BBQ-pit tradition. The mayo-based sauce is equal parts creamy and tangy. We serve the zippy sauce with juicy chicken breasts and potato-green bean salad. If you don't have a grill, heat oil in a skillet, add the chicken and cook, flipping, until browned and cooked through, 6-8 minutes. After par-cooking the potatoes, transfer them to a baking sheet; broil until charred and tender, 5-6 minutes.

What we send

- garlic
- 2 (1 oz) mayonnaise ^{3,6}
- 1 oz horseradish ^{6,12}
- ½ oz whole-grain mustard ¹⁷
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- 2 Yukon gold potatoes
- ½ lb green beans
- 1 lemon
- 1 oz scallions

What you need

- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- olive oil

Tools

- grill or grill pan
- small saucepan
- microwave
- microplane or grater

Cooking tip

If you don't have a microwave, steam green beans in a saucepan with enough water just to cover. Cook until crisp-tender, about 3 minutes.

Allergens

Egg (3), Soy (6), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 45g, Carbs 48g, Protein 46g



1. Make sauce & marinade

Preheat a grill to medium-high, if using. Finely grate **1 large garlic clove** into a medium bowl. Add **mayonnaise, ½ tablespoon vinegar, 1 teaspoon horseradish, ½ teaspoon mustard**, and **¼ teaspoon each of salt and pepper**. Reserve ¼ cup sauce in a small bowl for step 6. To medium bowl, add **chicken** and **all of the bbq spice blend**. Season with **salt** and turn to evenly coat chicken.



2. Par-cook potatoes

Scrub **potatoes**, then cut into $\frac{1}{3}$ -inch thick rounds. Transfer to a small saucepan. Add enough **salted water** to cover by 1 inch. Bring to a boil over high heat. Simmer until potatoes are tender but not falling apart, about 5 minutes. Drain potatoes and transfer to a plate to allow excess moisture to evaporate.



3. Cook green beans

While **potatoes** cook, trim ends from **green beans**, then cut into 2-inch pieces. Transfer green beans to a microwave-safe plate and cover with a damp paper towel. Microwave on high until bright green and crisp-tender, 1-2 minutes. Season to taste with **salt** and **pepper**.



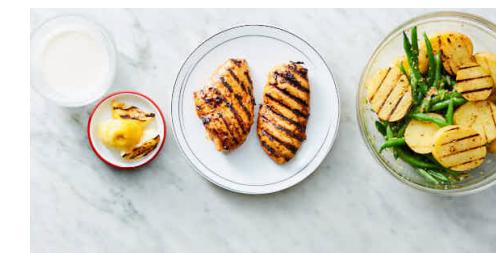
4. Make vinaigrette

Preheat a grill pan over medium-high, if using. Trim **scallions**, then thinly slice. Finely grate **1 large garlic clove** and **1 teaspoon lemon zest** into a large bowl. Add **scallions, remaining mustard, ½ teaspoon horseradish**, and **a pinch each of salt and pepper**. Whisk in **2 tablespoons oil**. Add **green beans**; toss to coat. Halve lemon crosswise. **Oil** grill pan or grates.



5. Grill potatoes & lemon

Season **par-cooked potatoes** with **salt and pepper**; toss with **2 tablespoons oil**. Add potatoes and **lemon halves** to grill or grill pan, cut side down, and cook until lemons are lightly charred, about 2 minutes, and potatoes are golden brown on 1 side, 2-4 minutes. Add potatoes to bowl with **green beans** and squeeze 1 lemon half over. Season to taste with **salt and pepper**.



6. Grill chicken & serve

Transfer **chicken** to grill or grill pan. Cook until lightly charred and cooked through, 3-4 minutes per side. Transfer chicken to a plate, cover to keep warm, and let rest for 5 minutes. Slice **chicken**, if desired. Cut **remaining grilled lemon** into wedges. Drizzle **reserved sauce** over **chicken**, and serve alongside **potato salad** and **grilled lemon wedges**. Enjoy!