



BBQ Spice-Rubbed Chicken

with Corn-Tomato Sauté



20-30min



2 Servings

Instead of an overly sugary BBQ sauce we make a fresh, flavorful rub with our own BBQ spice blend, olive oil, and pepper. The result is a more healthy take on BBQ chicken that scratches the barbecue itch in a lighter way. In keeping with the barbecue vibe, we pair the chicken with a corn and tomato sauté! A creamy, tangy sauce drapes the chicken before serving.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- garlic
- 1 oz scallions
- ¼ oz fresh basil
- 1 oz sour cream ⁷
- 2 plum tomatoes
- 5 oz corn

What you need

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

Tools

- meat mallet (or heavy skillet)
- medium heavy skillet (preferably cast-iron)

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 43g, Carbs 22g, Protein 43g



1. Marinate chicken

Pat **chicken** dry; using a meat mallet or heavy skillet, pound to an even ½-inch thickness. In a medium bowl, combine **3½ teaspoons BBQ spice**, **2 teaspoons each of oil and water**, and **a few grinds of pepper**. Transfer chicken to bowl, tossing to coat. Let stand while you prep the **vegetables**.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice. Pick and thinly slice **basil leaves**; discard stems.



3. Season sour cream

In a small bowl, combine **sour cream**, **1 tablespoon each of water and oil**, and **¼ teaspoon each of vinegar, chopped garlic, and salt**. Whisk until smooth. Season to taste with **pepper**.



4. Cook corn & tomatoes

Cut **tomatoes** into 1-inch pieces. Heat **1 tablespoon oil** in heavy, medium skillet (preferably cast-iron) over medium-high. Add tomatoes and cook until beginning to brown, 3-4 minutes, crushing gently to release juices. Add **corn**, **remaining chopped garlic**, and **1 tablespoon oil**. Cook, stirring frequently, until corn is tender, 3-4 minutes. Season with **salt** and **pepper**.



5. Cook chicken

Transfer **corn-tomato sauté** to a medium heatproof bowl. Cover to keep warm. Wipe out skillet. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3-4 minutes per side. Transfer chicken to plates.



6. Finish & serve

Stir **sliced basil**, **2 teaspoons each of vinegar and oil**, and **⅔ of the scallions** into **corn-tomato sauté**. Season to taste with **salt** and **pepper**. Serve **chicken** topped with **sour cream sauce** and **corn-tomato sauté** alongside. Garnish with **scallions**. Enjoy!