

# DINNERLY



## Pulled Chicken Mac & Cheese

with BBQ Sauce & Scallions



20-30min



2 Servings

Fact: You're never too old for mac and cheese. Here at Dinnerly we like to go BIG, so we're taking this childhood favorite to the next level. We're folding elbow pasta into a cheesy fontina sauce and layering BBQ pulled chicken and scallions on top. We've got you covered!

## WHAT WE SEND

- ½ lb elbow macaroni <sup>2</sup>
- ¼ oz granulated garlic
- 1 oz scallions
- 2 oz shredded fontina <sup>1</sup>
- 2 oz barbecue sauce
- ½ lb shredded chicken

## WHAT YOU NEED

- kosher salt & ground pepper
- ¼ cup ketchup
- olive oil
- butter <sup>1</sup>
- all-purpose flour <sup>2</sup>
- 1¼ cups milk <sup>1</sup>

## TOOLS

- medium saucepan
- medium (10") ovenproof skillet

## ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 920kcal, Fat 29g, Carbs 114g, Protein 51g



### 1. Boil pasta

Bring a medium saucepan of **salted** water to a boil. Add **pasta** to boiling water and cook, stirring often to prevent sticking, until al dente, about 5 minutes. Drain pasta.



### 2. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Trim ends from **scallions**, then thinly slice. In a small bowl, stir to combine **barbecue sauce** and ¼ cup **ketchup**. Use your fingers or 2 forks to pull apart **chicken** into bite-sized pieces.



### 3. Brown & sauce chicken

Heat 1 **tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken**, **all but 2 tablespoons scallions**, and a pinch each of salt and pepper. Cook, stirring occasionally, until chicken is browned and crisp in parts, 3-5 minutes. Add ¼ **teaspoon granulated garlic**, ¼ **cup of the barbecue sauce mixture**, and 2 **tablespoons water**; cook for 1 minute. Transfer to a bowl.



### 4. Make cheese sauce

Wipe out skillet and melt 1 **tablespoon butter** over medium-high (see step 6 for our cheesy tip). Sprinkle 1 **tablespoon flour** into skillet; cook, whisking, until golden and combined with butter, about 1 minute. Slowly, add 1¼ **cups milk** and cook, whisking, until sauce is smooth and thickened, about 3 minutes more. Remove from heat, then add **fontina** and stir until melted.



### 5. Assemble, broil, & serve

Add **pasta** to **cheese sauce**; stir to coat well. Season to taste with **salt** and **pepper**. Evenly spread **pulled chicken** over **mac & cheese**. Broil on top oven rack until chicken is caramelized in spots, 1-3 minutes. Stir 2 **tablespoons water** into **remaining barbecue sauce mixture**, then drizzle all over **chicken**. Sprinkle **remaining scallions** over top. Enjoy!



### 6. Word of the day: Roux

The thickening component of most sauces is roux, a mixture of liquid fat—like melted butter, oil, or milk—and flour. In step 4, use a whisk to stir flour into the hot skillet until a golden paste forms, then whisk in milk, constantly stirring to avoid lumps. Sauce should reach the consistency of heavy, then removed from heat before adding cheese to avoid curdling and separation.