



Our Family Pick! Apricot-BBQ Grilled Chicken

with Green Goddess Pasta Salad



30-40min



2 Servings

This warm weather friendly meal works for any season! Curly cavatappi pasta is perfect for wrapping around a creamy tarragon dressing. We combine barbecue sauce and apricot preserves to bring a sweet and tangy burst of flavor to smoky grilled chicken breasts. Sliced radishes and spinach add a healthy crunch to the abundant pasta salad served alongside. No grill? See cooking tip.

What we send

- 6 oz cavatappi ¹
- ¼ oz fresh tarragon
- 1 lemon
- garlic
- 2 oz mayonnaise ^{3,6}
- 12 oz pkg boneless, skinless chicken breasts
- 2 oz barbecue sauce
- 2 (½ oz) apricot preserves
- 2 oz red radishes
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil

Tools

- grill or grill pan
- medium pot
- microplane or grater

Cooking tip

Heat oiled skillet over medium-high. Cook chicken until browned and cooked through, 3 min per side. Brush half of the sauce on chicken; cook, turning, until sauce is charred in spot, 1 min more.

Allergens

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 26g, Carbs 88g, Protein 51g



1. Cook pasta

Light a grill to high, if using. Bring a medium pot of **salted water** to a boil. Add **pasta** to boiling water and cook, stirring occasionally to prevent sticking, until al dente, about 8 minutes. Drain pasta, rinse under cold water, then drain well again.



2. Make dressing

While **pasta** cooks, pick and finely chop **tarragon leaves**; discard stems. Finely grate **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a medium bowl. Cut any remaining lemon into wedges. Finely grate **¼ teaspoon garlic** into bowl with lemon zest and juice, then stir in **mayonnaise** and **tarragon**. Season to taste with **salt** and **pepper**.



3. Dress pasta

Add **pasta** to bowl with **dressing** and toss to coat. Transfer pasta salad to the freezer to chill until step 6.



4. Prep chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. In a small bowl, stir to combine **barbecue sauce** and **all of the apricot preserves**.



5. Grill chicken

Heat a grill pan over high, if using. Lightly **oil** grill grates or grill pan. Add **chicken**, reduce heat to medium, and cook until lightly charred and cooked through, about 3 minutes per side. Brush **half of the barbecue sauce** over chicken. Cook, turning, until glaze is charred in spots, about 1 minute more. Transfer to plates.



6. Finish & serve

Thinly slice **radishes**. Coarsely chop **spinach**. Fold **radishes** and **spinach** into **chilled pasta salad**; season to taste with **salt** and **pepper**. Serve **chicken** with **remaining barbecue sauce** and **pasta salad** alongside. Enjoy!