



## Honey BBQ Chicken Breast

with Broccoli & Creamed Corn



20-30min



2 Servings

| This version of the recipe is customized with chicken breasts.



## What we send

- 12 oz pkg boneless, skinless chicken breasts
- ½ lb broccoli
- ½ oz honey
- ½ oz tamari <sup>6</sup>
- 2 oz barbecue sauce
- ¾ oz Parmesan <sup>7</sup>
- 10 oz corn
- 1 oz cream cheese <sup>7</sup>
- ¼ oz fresh chives

## What you need

- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>
- all-purpose flour <sup>1</sup>
- ½ c milk <sup>7</sup>
- garlic

## Tools

- rimmed baking sheet
- microplane or grater
- medium saucepan

## Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 33g, Carbs 56g, Protein 52g



### 1. Season & broil chicken

Preheat broiler with a rack in the upper third.

Pat **chicken** dry, season all over with **salt** and **pepper**, and drizzle with **oil** (pound to an even thickness, if desired). Transfer chicken to a rimmed baking sheet. Broil on upper oven rack until chicken is starting to brown (it won't be cooked through), about 7 minutes (watch closely as broilers vary).



### 2. Prep broccoli, make glaze

Meanwhile, cut **broccoli** into 1-inch florets, if necessary. In a medium bowl, toss broccoli with **1½ tablespoons oil** and season with **salt** and **pepper**.

In a small bowl, combine **honey**, **tamari**, and **barbecue sauce**. Finely grate in **1 teaspoon garlic**; stir to combine.



### 3. Broil broccoli & chicken

Carefully add **broccoli** to baking sheet with **chicken**. Brush chicken with **half of the barbecue glaze**. Return baking sheet to upper oven rack and broil until glaze is browned in spots, chicken is cooked through, and broccoli is lightly charred and crisp-tender, about 7 minutes (watch closely).



### 4. Make creamed corn

Meanwhile, finely grate **Parmesan**.

Melt **2 tablespoons butter** in a medium saucepan over medium heat. Add **corn** and cook, stirring occasionally, until corn softens slightly and browns in spots, about 2 minutes. Stir in **2 teaspoons flour** and cook until incorporated, about 30 seconds.



### 5. Finish creamed corn

To saucepan with **corn**, whisk in **cream cheese** and **½ cup each of milk and water**. Cook, stirring, until mixture is thick and creamy, 2-3 minutes. Remove from heat; stir in **Parmesan**. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



### 6. Finish & serve

Thinly slice **chives**.

Serve **chicken** with **creamed corn** and **broccoli** alongside. Garnish **creamed corn** with **chives** and brush **chicken** with **remaining barbecue glaze**. Enjoy!