



Grilled Chicken Breasts

with Veggies & Almond Pesto



20-30min



2 Servings

This version of the recipe is customized with boneless, skinless chicken breasts. No grill? See cooking tip.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh parsley
- 1 lemon
- 1 bell pepper
- 1 zucchini
- 1 ciabatta roll ¹
- 1 oz salted almonds ²

What you need

- kosher salt & ground pepper
- garlic
- olive oil

Tools

- microplane or grater
- grill or grill pan

Cooking tip

No grill? Broil peppers & zucchini on a baking sheet until lightly charred, 5-10 minutes (watch closely). Heat 1 tablespoon oil in a skillet over medium-high, cook chicken 3-4 minutes per side.

Allergens

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

Nutrition per serving

Calories 590kcal, Fat 32g, Carbs 33g, Protein 48g



1. Prep chicken

Pat **chicken** dry and season all over with **salt** and **pepper**; set aside until step 6.



2. Prep ingredients

Coarsely chop **parsley leaves and stems** together. Finely chop **1 teaspoon garlic**, then cut **one whole clove** in half and reserve for step 6. Grate **¼ teaspoon lemon zest**, then separately **squeeze 1½ tablespoons lemon juice** into a small bowl.



3. Prep vegetables & bread

Halve **bell pepper**, remove stem and seeds, and press to flatten. Trim ends from **zucchini** and cut crosswise into ½-inch thick rounds. Brush veggies with **oil**, then season with **salt** and **pepper**. Split **ciabatta roll** horizontally and brush cut sides with **oil**.



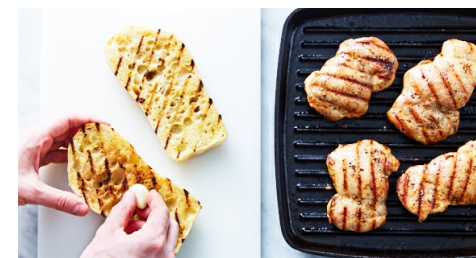
4. Make almond pesto

Preheat a grill or grill pan to high. Coarsely chop **almonds**. Add **parsley**, **lemon zest**, and **chopped garlic** to cutting board with almonds; chop together until fine. (Alternatively, pulse almonds, parsley, garlic, and zest in a food processor until fine.) Transfer to bowl with **lemon juice** and stir in **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



5. Grill vegetables

Lightly **oil** grill grates. Grill **zucchini** and **peppers** over medium-high, turning once or twice, until lightly charred and tender, 3-5 minutes for zucchinis and 5-7 minutes for peppers. Transfer to a plate and cover loosely with foil to keep warm.



6. Grill & serve

Grill **chicken** over medium heat until golden brown and cooked through, 3-4 minutes per side. Grill **bread**, turning once, until golden and toasted, 2-3 minutes per side. Lightly rub cut sides of **bread** with **reserved cut garlic clove**. Serve **mixed grill** with **almond pesto** spooned over. Enjoy!