



BBQ Spiced Skillet Chicken

with Burst Tomatoes & Sautéed Corn



20-30min



2 Servings

Instead of an overly sugary BBQ sauce, we make a fresh, flavorful rub with our BBQ spice blend, olive oil, and pepper. The result is a healthier take on BBQ chicken that scratches the itch in a lighter way. We pair the chicken with a corn and tomato sauté for a backyard vibe no matter the time of year. Bonus: the creamy, tangy sauce drapes the chicken before serving for an added burst of flavor.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- 2 scallions
- ¼ oz fresh parsley
- 2 (1 oz) sour cream ⁷
- 2 plum tomatoes
- garlic
- 2 (2½ oz) corn

What you need

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

Tools

- 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 590kcal, Fat 38g, Carbs 40g, Protein 43g



1. Marinate chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired.

In a medium bowl, combine **all of the BBQ spice, 2 teaspoons each of oil and water**, and **a few grinds of pepper**.

Transfer chicken to bowl and toss to coat. Set aside at room temperature until step 5.



2. Prep ingredients

Finely chop **1 teaspoon garlic**.

Trim **scallions**, then thinly slice.

Pick and thinly slice **parsley leaves**; discard stems.

Core **tomatoes**, then cut into ½-inch pieces.



3. Season sour cream

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



4. Cook corn & tomatoes

Heat **1 tablespoon oil** in medium heavy skillet (preferably cast-iron) over medium-high. Add **tomatoes** and cook until beginning to brown, 3-4 minutes, crushing gently with a spoon to release juices.

Add **corn, remaining chopped garlic**, and **1 tablespoon oil**. Cook, stirring frequently, until corn is tender, 3-4 minutes. Season to taste with **salt** and **pepper**.



5. Cook chicken

Transfer **corn-tomato mixture** 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 parsley, 2 teaspoons each of vinegar and oil**, and **⅔ of the scallions** into **corn-tomato mixture**. Season to taste with **salt** and **pepper**.

Serve **chicken** topped with **sour cream sauce** alongside **corn and tomatoes** and garnish with **remaining sliced scallions**. Enjoy!