

DINNERLY



Low-Carb BBQ Chicken with Ranch Street Corn



30min



2 Servings

Go ahead and call yourself The Grill Master, because that's what everyone's gonna be saying when they get a taste of this dish. It's deceptively easy too: Just put the chicken on the grill with a few brushes of our BBQ sauce along with charred corn topped with ranch dressing, crumbled feta, and a sprinkle of scallions. We've got you covered!

WHAT WE SEND

- 2 scallions
- 2 ears of corn
- 10 oz pkg boneless, skinless chicken breast
- 2 oz barbecue sauce
- 1½ oz ranch dressing ^{3,7}
- 2 oz feta ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- grill or grill pan

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 470kcal, Fat 20g, Carbs 40g, Protein 41g

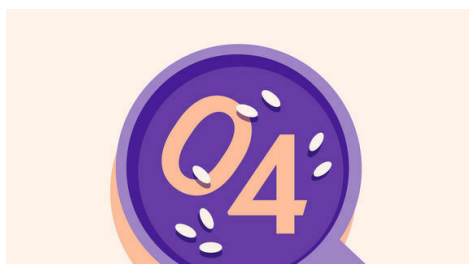


1. Prep corn & chicken

Preheat a grill or grill pan over high.

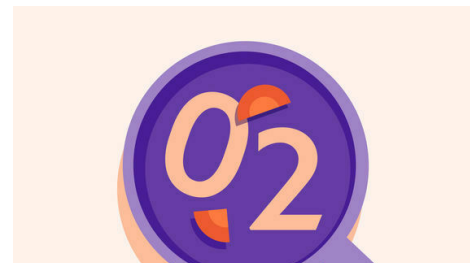
Trim ends from **scallions**, then thinly slice. Shuck **corn**, removing any strings, if necessary. Rub with **oil** and season with **salt** and **pepper**.

Pat **chicken** dry, then season all over with **salt** and **pepper**.



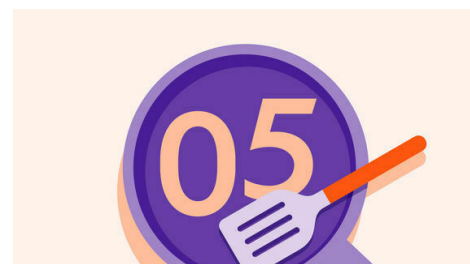
4. Finish corn

Once cool enough to handle, halve **corn cobs** crosswise and spread **ranch dressing** all over. Crumble **feta** over top and sprinkle with **scallions**.



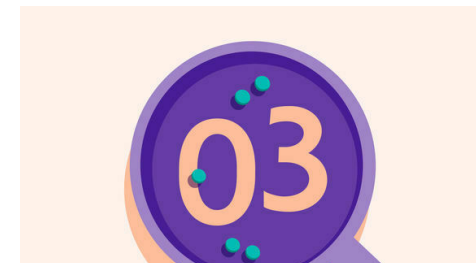
2. Grill corn

Add **corn** to grill or grill pan; cook, turning occasionally, until slightly charred in spots, 10–12 minutes. Transfer to a cutting board to cool.



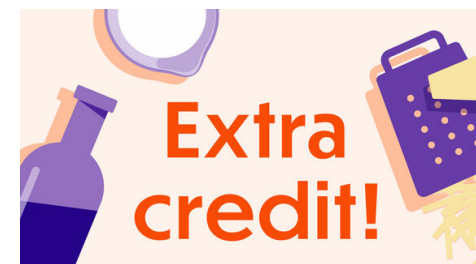
5. Serve

Serve **BBQ chicken** with **ranch street corn** alongside and any **remaining BBQ sauce** over top. Enjoy!



3. Cook chicken

While **corn** cooks, lightly **oil** grates of grill or grill pan. Add **chicken** and cook until lightly charred and cooked through, 3–4 minutes per side. Brush **half of the barbecue sauce** all over **chicken** and cook, turning, until glaze is charred in spots, about 1 minute more. Transfer to plates.



6. Add some greens!

Grilled corn and chicken just screams for a summer side salad. Throw together whatever veggies you have in the fridge with a simple vinaigrette: just whisk together olive oil, red or white wine vinegar, salt, and pepper.