



Grilled Chicken & Spiced Citrus Butter

with Charred Corn Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. Add corn to a baking sheet and broil, 5-10 minutes. Add scallions to the sheet for the last 1-2 minutes. Heat 1 tablespoon oil in a skillet over medium-high. Add chicken and cook until cooked through, 3-4 minutes per side.

What we send

- 1 orange
- 1 pkt crushed red pepper
- 2 scallions
- ¼ oz fresh mint
- 2 ears of corn
- garlic
- 12 oz pkg boneless, skinless chicken breasts

What you need

- butter ⁷
- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- grill or grill pan
- box grater or microplane

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

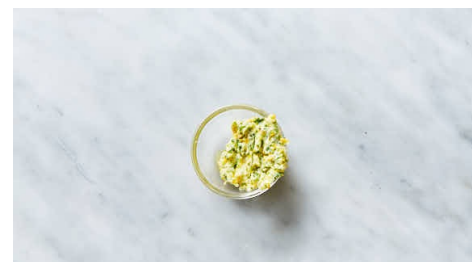
Nutrition per serving

Calories 460kcal, Fat 22g, Carbs 28g, Protein 44g



1. Prep citrus butter

Preheat grill to high, if using. Take **2 tablespoons butter** out to soften. Finely chop **½ teaspoon garlic**. Into a small bowl, finely grate **½ teaspoon orange zest** and squeeze **2 teaspoons orange juice**.



2. Season citrus butter

To the small bowl with **orange zest and juice**, add **softened butter, garlic**, and **a pinch of the crushed red pepper flakes**; mash with a fork to combine. Season with **a pinch each of salt and pepper**.



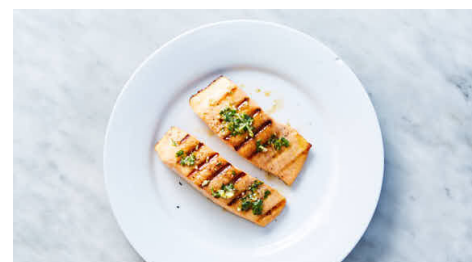
3. Prep ingredients

Trim **scallions**. Pick **mint leaves** from stems, discarding stems. Pat **chicken** dry, then lightly rub with **oil** and season all over with **salt** and **a few grinds of pepper**.



4. Char corn & scallions

Lightly **oil** a grill pan and preheat over high, if using. Rub **corn** and **scallions** with **oil**, then season with **a pinch each of salt and pepper**. Add corn and scallions to grill or grill pan. Cover and cook scallions until lightly charred, about 3 minutes, and corn until lightly charred all over and tender, 10-12 minutes. Transfer to a cutting board.



5. CHICKEN VARIATION

Add **chicken** to grill or grill pan; cook until lightly charred and cooked through, 3-4 minutes per side. Transfer to a plate. Top grilled chicken with **half of the spiced citrus butter**.



6. Finish & serve

In a medium bowl, whisk **1 tablespoon oil** with **2 teaspoons vinegar**. Cut **corn kernels** from cobs, chop **scallions**, and tear **mint leaves**, and stir into the bowl with **dressing**. Season to taste with **salt** and **pepper**. Top **chicken** with **remaining spiced citrus butter** and serve **salad** alongside. Enjoy!