

DINNERLY



LOW CALORIE

NO ADDED GLUTEN

BBQ Chicken & Green Beans with Pickle Potato Salad



20-30min



2 Servings

Peter Piper Polished Off a Peck of Pickled Potato Salad. And....we're pretty sure he loved it. We've got you covered!

WHAT WE SEND

- garlic
- red potatoes
- bread & butter pickles ¹⁷
- sour cream ⁷
- boneless, skinless chicken breasts
- barbecue sauce
- 4 oz green beans

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- colander
- saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 410kcal, Fat 8g, Carbs 57g, Protein 29g



1. Cook potatoes

Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan along with **1 tablespoon salt** and enough water to cover by 1 inch. Bring to a boil over high, then cook until potatoes are easily pierced with a fork, 5–7 minutes; drain, rinse under cold water, and drain again. Lay potatoes on a plate and transfer to freezer to chill for 10 minutes.



2. Make pickle dressing

Preheat grill pan over high, or the broiler with top rack 6 inches from heat source. Peel and finely chop $\frac{1}{2}$ **teaspoon garlic**. Finely chop **pickles**. In a large bowl, combine chopped garlic and pickles, **sour cream**, **1 tablespoon vinegar**, and $\frac{1}{2}$ **teaspoon sugar**; season to taste with **salt** and **pepper**.



3. Char green beans

Reduce grill pan heat to medium-high. Trim stem ends from **green beans**. In a medium bowl, toss green beans with **1 teaspoon oil** and a **pinch each salt and pepper**. Add green beans to grill pan, or a rimmed baking sheet, and grill covered, or broil, stirring, until tender and charred in spots, 3–7 minutes. Transfer back to same bowl; cover to keep warm.



4. Grill chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Add chicken to same grill pan or baking sheet, and grill, or broil, on one side until lightly charred, about 2 minutes. Flip chicken and brush with **some of the barbecue sauce**. Grill or broil until lightly charred, about 2 minutes.



5. Finish chicken & serve

Flip **chicken** again, brush with more **sauce**, and cook until **sauce** caramelizes, about 1 minute. Flip once more, brush with more **sauce**, and cook until opposite side caramelizes, about 1 minute. Add **potatoes** to bowl with **dressing** and toss to coat; season to taste with **salt** and **pepper**. Serve **BBQ chicken** with **green beans** and **pickle potato salad** alongside. En...



6. Make it picky eater proof

Although we think the creamy potato salad dressing is delicious, we get that there are some potato purists out there. Go ahead and leave the dressing off some of the potatoes for those that are into a plainer spud.