

MARLEY SPOON



Alabama-Style Grilled Chicken

with Tomato Salad & Zucchini



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the upper third. Place seasoned zucchini on a rimmed baking sheet, and roast until tender and lightly charred, 4-8 minutes. Heat 1 tablespoon oil in a skillet over medium-high, add chicken, and cook until golden-brown and cooked through, 3-4 minutes per side.

What we send

- 1 zucchini
- 1 pkg grape tomatoes
- 1 shallot
- 2 (1 oz) sour cream ⁷
- 1 oz horseradish ^{6,17}
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz steak seasoning
- ¼ oz fresh parsley
- 1 (¼ oz) Dijon mustard

What you need

- olive oil
- red wine vinegar
- kosher salt & ground pepper

Tools

- grill or grill pan

Cooking tip

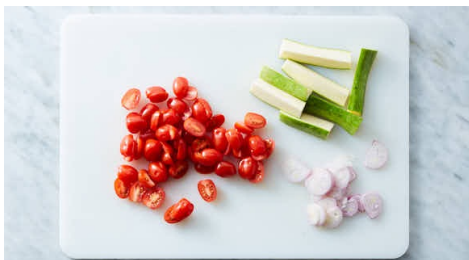
To quickly slice the grape tomatoes, sandwich the tomatoes between two plastic lids. Using a sharp knife, cut through the middle.

Allergens

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 21g, Carbs 21g, Protein 44g



1. Prep ingredients

Halve **zucchini** crosswise, then cut lengthwise into 1-inch wedges.

Halve **grape tomatoes**.

Thinly slice **half of the shallot** (save rest for own use).



2. Make tomato salad

In a medium bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch each of salt and pepper**. Stir in **tomatoes** and **sliced shallots**. Set aside to marinate.



3. Grill zucchini

Heat a grill or grill pan over high. Lightly drizzle **zucchini** with **oil** and season with **salt** and **pepper**.

Add zucchini to grill and cook over medium-high heat, covered, turning occasionally until lightly charred and tender, 6-8 minutes. Transfer to a plate.



4. Make Alabama sauce

Meanwhile, in a small bowl, stir together **sour cream**, **Dijon mustard**, **1 teaspoon horseradish**, and **1 ½ tablespoons water**. Season to taste with **salt** and **pepper**.



5. Grill chicken

Pat **chicken** dry and season all over with **salt** and **1 ½ teaspoons steak seasoning**. Lightly **oil** grill grates. Add chicken and cook until lightly charred and cooked through, 3-4 minutes per side.



6. Finish salad & serve

Roughly chop **parsley leaves** and **tender stems**, then stir into **tomato salad**. Season to taste with **salt** and **pepper**.

Serve **chicken** and **grilled zucchini** drizzled with **Alabama sauce** and with **tomato salad** alongside. Enjoy!