



Tarragon-Butter Chicken

with Tomatoes, Corn & Zucchini



20-30min



2 Servings

This dish is summer on a plate! We season juicy chicken breasts with a sweet-savory BBQ spice blend, then broil them on a baking sheet alongside zucchini, sweet corn, red onions, and plum tomatoes. Broiling gives the meat and veggies an irresistible smoky char, plus it's all done on one sheet pan for easy cleanup! A lemony tarragon butter melted over gives each bite a saucy (and glossy) finish.

What we send

- 1 ear of corn
- 2 plum tomatoes
- 2 zucchini
- 1 red onion
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- garlic
- 1 lemon
- ¼ oz fresh tarragon

What you need

- butter ⁷
- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 570kcal, Fat 28g, Carbs 37g, Protein 46g



1. Prep ingredients

Set **2 tablespoons butter** out at room temperature to soften. Use a sharp knife to cut **corn kernels** from cob.

Cut **tomatoes** and **zucchini**, lengthwise, into 1-inch thick wedges. Halve and cut **all of the onion** into ½-inch thick wedges.

Pat **chicken** dry; rub all over with **oil**, **all of the bbq spice blend**, **salt**, and **pepper**.



4. Prep butter

While **chicken** and **vegetables** broil, finely grate ½ **teaspoon garlic** and **all of the lemon zest** into a small bowl, then squeeze in **1 teaspoon lemon juice**. Cut any remaining lemon into wedges.

Reserve **a few whole tarragon leaves** for garnish, then finely chop remaining tarragon leaves; discard stems.



2. Prep to broil

Preheat broiler with a rack in the top position. On a rimmed baking sheet, toss **onions**, **zucchini**, and **tomatoes** with **2 tablespoons oil**, crushing tomatoes slightly to release some of their juices. Arrange in a single layer and season with **salt** and **pepper**.

Broil vegetables on top oven rack until slightly softened, about 2-3 minutes (watch closely as broilers vary).



5. Make tarragon butter

To bowl with **garlic** and **lemon zest** and **juice**, add **softened butter** and **chopped tarragon**; mash with a fork to combine. Season to taste with **salt** and **pepper**.



3. CHICKEN VARIATION

Remove baking sheet from oven; sprinkle **corn** over **vegetables**, then nestle **chicken** between vegetables. Broil on top oven rack, flipping chicken halfway through, until chicken is browned in spots and reaches 165°F internally, and vegetables are tender and slightly charred, 5-6 minutes per side (watch closely).



6. Finish & serve

Immediately top **chicken** with ⅔ of the **tarragon butter**. Carefully toss vegetables directly on baking sheet with **remaining tarragon butter**. Tear **reserved whole tarragon leaves** and sprinkle on top.

Serve **chicken** and **vegetables** with **any lemon wedges** on the side for squeezing over. Enjoy!