

DINNERLY



Low-Cal Thai Lemongrass Grilled Chicken

with Cucumber-Peanut Salad



20-30min



2 Servings

Consider spices the ultimate glow up in the kitchen—the right seasoning can completely transform a simple meal into an applause-worthy dinner. The star of this meal is Thai lemongrass spice, a unique blend that adds major flavor to grilled chicken breasts. Throw in a pile of fluffy jasmine rice and a zesty cucumber-peanut salad and you're in business. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 cucumber
- 1 lime
- 1 oz salted peanuts ⁵
- ¼ oz fresh cilantro
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz pkt Thai lemongrass spice ^{1,6,11}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- distilled white vinegar (or apple cider vinegar)
- sugar

TOOLS

- small saucepan
- grill or grill pan
- meat mallet (or rolling pin)
- microwave

ALLERGENS

Wheat (1), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 19g, Carbs 75g, Protein 42g



1. Cook rice

To a small saucepan, add **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Preheat a grill or grill pan over high.

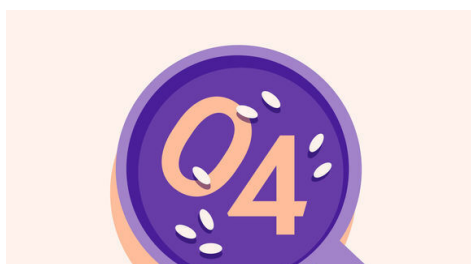
Peel **cucumber**, if desired. Halve lengthwise, then thinly slice into half moons. Cut **lime** into 6 wedges. Using a mallet or rolling pin, crush **peanuts** in bag. Pick **cilantro leaves** from **stems**; thinly slice stems.

Pat **chicken** dry. Brush with **oil** and season all over with **salt** and **pepper**.



3. Make cucumber salad

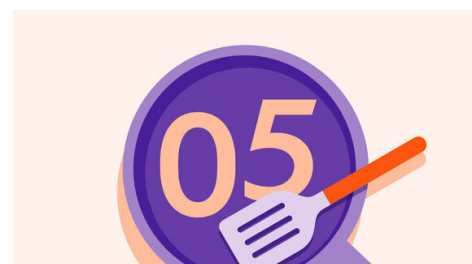
In medium microwave-safe bowl, combine **2 tablespoons water**, **2 teaspoons each of vinegar and sugar**, and **½ teaspoon salt**. Microwave until sugar and salt dissolve, about 30 seconds. Add **cucumbers**, **peanuts**, **juice from 2 lime wedges**, and **cilantro stems**; toss to coat.



4. Grill chicken

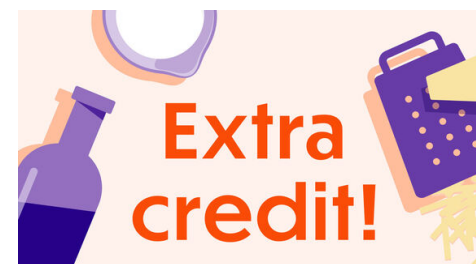
In a medium bowl, combine **Thai lemongrass spice** and **1½ tablespoons oil**.

Add **chicken** to grill or grill pan and cook until lightly charred and cooked through (165°F internally), 3–4 minutes per side. Lightly brush all over with **lemongrass oil** and cook, turning, until fragrant and charred in spots, about 1 minute more. Transfer to bowl with lemongrass oil and toss to coat.



5. Serve

Serve **chicken** with **rice** and **cucumber salad** alongside. Garnish with **cilantro leaves** and serve with **remaining lime wedges**. Enjoy!



6. Add some heat!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.