

DINNERLY



BBQ-Spiced Chicken Breast & Corn Salad

Dinnerly x Shucked



30-40min



2 Servings

Just poppin' in to say good choice, these BBQ-spiced chicken breasts are a hit. Especially because they're served with a perfectly corny and shucking delicious roasted veggie situation you'll travel near and far to enjoy again. And during that roasted corn salad-seeking journey, be sure to make a pit stop in the Big Apple to see the musical comedy SHUCKED on Broadway.

WHAT WE SEND

- 2 sweet potatoes
- 1 poblano pepper
- 1 red onion
- 2½ oz corn
- 1 lime
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz BBQ spice blend

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- microplane or grater
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 710kcal, Fat 29g, Carbs 78g, Protein 39g



1. Prep veggies

Preheat oven to 450°F with a rack in the center.

Scrub **sweet potatoes**, then cut into ¾-inch pieces. Halve **pepper**, discard stem and seeds, then cut into ¾-inch pieces. Halve **onion** and cut into ¾-inch wedges.



2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes, peppers, and onions** with a **drizzle of oil** and season with **salt and pepper**. Roast on center oven rack until lightly browned, 20–25 minutes.

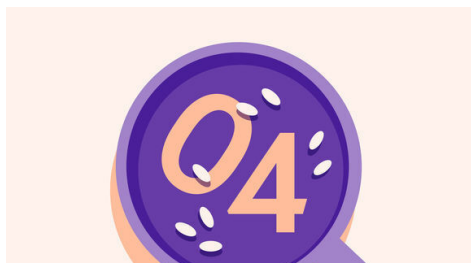
Sprinkle **corn** over veggies and carefully toss. Continue to roast until veggies are tender and well charred in spots, 10–15 minutes.



3. Prep lime & chicken

Into a large bowl, zest **1 teaspoon lime** and squeeze **1 tablespoon juice**; cut remaining lime into wedges.

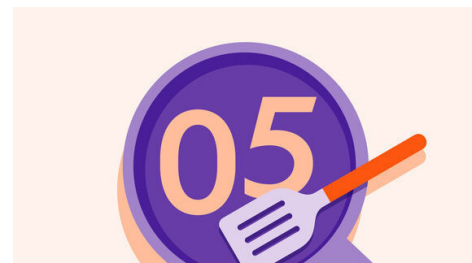
Pat **chicken** dry, then season all over with **BBQ spice** and a **pinch each of salt and pepper**.



4. Cook chicken & pan sauce

Heat **1 tablespoon oil** in a large skillet over medium-high. Working in batches if needed, cook **chicken** until browned and cooked through, 3–4 minutes per side. Transfer to a plate.

Add **¼ cup water** to skillet, scrape up browned bits. Simmer over medium heat until slightly thickened, 1–2 minutes. Stir in **1 teaspoon lime mixture, 1 tablespoon butter, and any chicken resting juices**.



5. Make dressing & serve

To bowl with **remaining lime mixture**, whisk in **½ teaspoon each of sugar and salt** and **2 tablespoons oil**. Season to taste with **salt and pepper**. Add **cooked veggies** and gently toss to coat.

Serve **BBQ-spiced chicken** with **pan sauce** spooned over top and with **sweet potato salad** and **lime wedges** alongside. Enjoy!



6. Dinnerly x Shucked

Check out www.shuckedmusical.com to learn more!