

# DINNERLY



## Grilled Chicken Breast & Veggies with Herbed Vinaigrette



30-40min



2 Servings

When it comes to simple grill recipes, it doesn't get any better than this! Onion and zucchini char to sweet perfection alongside lean chicken breasts. A flavorful vinaigrette of Dijon mustard, herbs de Provence, and red wine vinegar bring tangy, herby notes to this easy dish. We've got you covered!

### WHAT WE SEND

- 1 zucchini
- 1 red onion
- 1 bell pepper
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt Dijon mustard <sup>17</sup>
- ¼ oz herbs de Provence
- ¼ oz steak seasoning

### WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- olive oil
- kosher salt & ground pepper

### TOOLS

- grill or grill pan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 550kcal, Fat 37g, Carbs 22g, Protein 36g

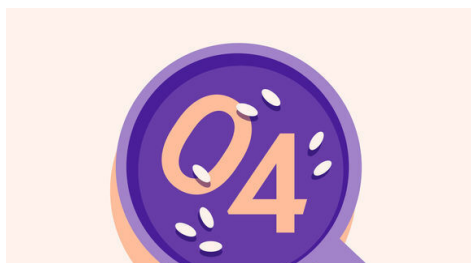


#### 1. Prep ingredients

Preheat grill to high, if using.

Trim and discard ends from **zucchini**, halve crosswise, then cut lengthwise into ½-inch thick planks. Cut **onion** crosswise into ½-inch thick rounds. Halve **pepper**, remove stem and seeds, then cut into 2-inch wide strips.

Pat **chicken** dry.



#### 4. Grill chicken & veggies

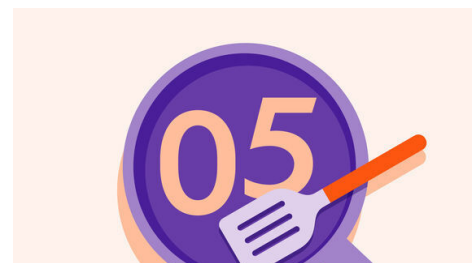
Preheat a grill pan to high, if using. Brush grill grates with oil. Grill **chicken** until well browned and cooked through, 3–5 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest for 5 minutes.

Grill **vegetables**, flipping occasionally, until charred and tender, 8–12 minutes. Transfer vegetables to bowl with **remaining vinaigrette** and mix to coat.



#### 2. Make vinaigrette

In a medium bowl, whisk together **Dijon mustard**, **2 tablespoons vinegar**, **1 tablespoon herbs de Provence**, and **1½ teaspoons sugar**. Gradually whisk in **⅓ cup oil**; season to taste with **salt** and **pepper**.



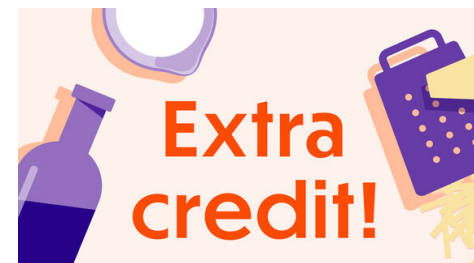
#### 5. Serve

Thinly slice **chicken**, if desired. Serve alongside **grilled vegetables**. Enjoy!



#### 3. CHICKEN VARIATION

In a large bowl, toss **vegetables** with **3 tablespoons vinaigrette**; season with **salt** and **pepper**. In a small bowl, toss **chicken** with **steak seasoning** and **2 tablespoons vinaigrette** until evenly coated.



#### 6. Check us out!

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