

# DINNERLY



## Roasted BBQ-Rubbed Chicken with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here. (Sorry, chicken.) When you roast broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater proof. We've got you covered!

## WHAT WE SEND

- ½ lb broccoli
- ¼ oz granulated garlic
- 5 oz corn
- 10 oz pkg boneless, skinless chicken breast
- 4 oz barbecue sauce

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## TOOLS

- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 480kcal, Fat 31g, Carbs 23g, Protein 32g



### 1. Roast broccoli

Preheat oven to 425°F with a rack the in center.

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **¼ teaspoon granulated garlic**; season with **salt** and **pepper**. Roast on center oven rack until broccoli is tender and browned in spots, about 8 minutes (watch closely as ovens vary).



### 4. Finish & serve

Place **chicken** on plates and spoon **remaining barbecue sauce** over top.

Serve **BBQ-rubbed chicken** with **buttery corn** and **broccoli** alongside. Enjoy!



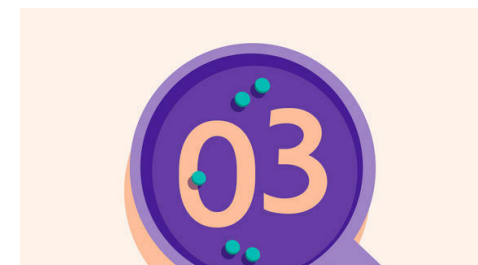
### 2. Sauté corn

Meanwhile, melt **1 tablespoon butter** in a medium nonstick skillet over medium-high. Add **corn** and cook, stirring, until tender, about 2 minutes. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



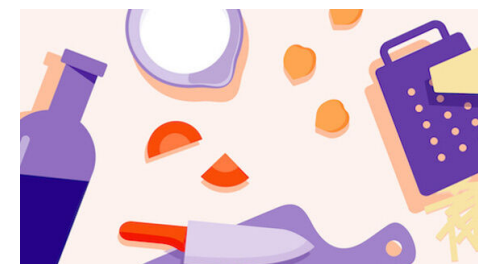
### 5. ...

What were you expecting, more steps?



### 3. Cook chicken

Pat **chicken** dry; season with **a pinch each of salt and pepper**. Heat **2 teaspoons oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 2–3 minutes per side. Remove from heat and brush with **half of the barbecue sauce**.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!