

DINNERLY



Low-Carb Grilled Chicken with Tomato, Mozzarella & Corn Salad



20-30min



2 Servings

Fire up the grill! We're smothering tender chicken breasts in chili powder and grilling them to smokey perfection. Then heat up the corn and toss them with tomatoes, scallions, and cheese for the savory salad of your dreams. Sounds like a perfect day to us. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- 2 scallions
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz chili powder
- 5 oz corn
- 3¾ oz mozzarella ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter ¹
- red wine vinegar (or apple cider vinegar)
- garlic

TOOLS

- grill or grill pan

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 450kcal, Fat 20g, Carbs 22g, Protein 49g



1. Prep veggies

Cut **tomatoes** into ½-inch pieces.

Finely chop 1 **teaspoon garlic**.

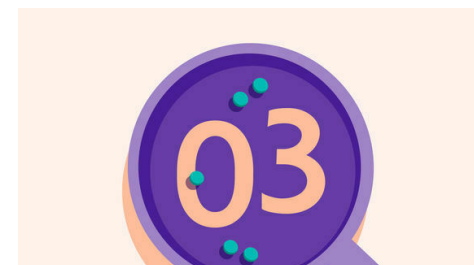
Trim ends from **scallions** and thinly slice about 4 tablespoons (save rest for own use, if any).



2. Prep chicken & corn

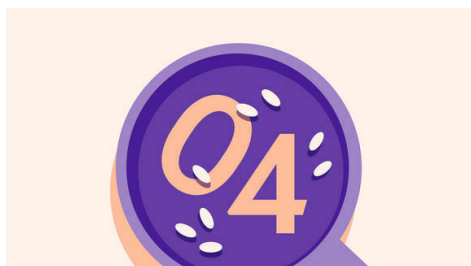
Pat **chicken** dry, rub with **oil**, then season all over with **salt** and 2 **teaspoons chili powder**.

Cut a piece of foil or parchment paper into a 12x20-inch rectangle. Place **corn** and **chopped garlic** in the center and season with **salt** and **pepper**. Top with 1 **tablespoon butter**. Fold foil or parchment over top and pinch edges to seal.



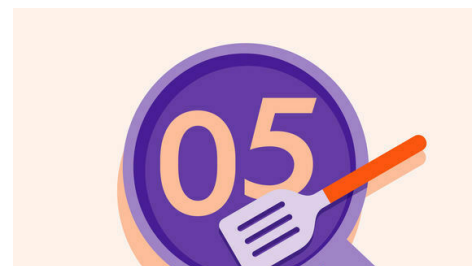
3. Cook chicken & corn

Heat a grill or grill pan to medium-high. Place **chicken** and **foil packet** on grill. Cover and cook until chicken is well browned and cooked through (flipping halfway through cooking time), and **corn** is tender and heated through, about 6 minutes.



4. Assemble salad

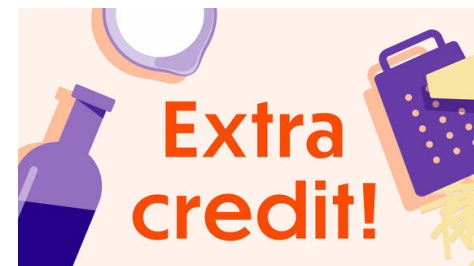
Carefully open **foil packets** and transfer **corn** to a medium bowl. Stir in **tomatoes** and **scallions**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Roughly chop **mozzarella** and stir into **corn and tomatoes**. Drizzle with **oil** and 1 **teaspoon vinegar**.

Serve **grilled chicken** with **corn salad** alongside. Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.