

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, herbes 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 (¼ oz) Dijon mustard
- ¼ oz herbes 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 38g, Carbs 22g, Protein 36g

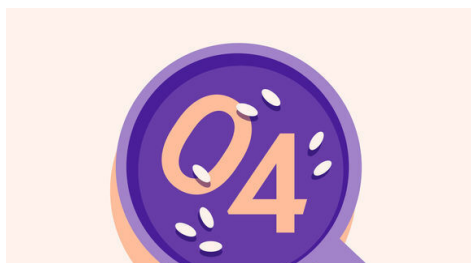


1. Prep ingredients

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

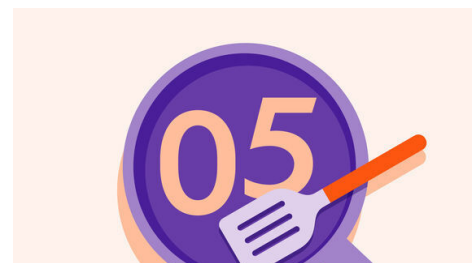
Preheat a grill pan to high, if using. Brush grill grates with oil. Grill **chicken** until well browned and cooked through, 3–5 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest for 5 minutes.

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 herbes de Provence**, and **1½ teaspoons sugar**. Gradually whisk in **⅓ cup oil**; season to taste with **salt** and **pepper**.



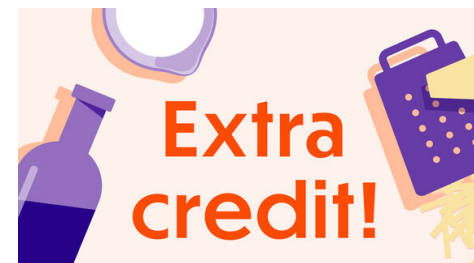
5. Serve

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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