

DINNERLY



BBQ Baked Chicken with Mac & Smoky Kale

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Who said comfort food can't be both? Broiled chicken with caramelized barbecue sauce won't have you missing the fryer, and kale sautéed with smoked paprika brings the smoky flavors you crave on BBQ night. We've got you covered!

WHAT WE SEND

- 4 oz elbow macaroni ¹
- ¼ oz granulated garlic
- 1 bunch curly kale
- 10 oz pkg boneless, skinless chicken breast
- 2 oz shredded cheddar-jack blend ⁷
- ¼ oz smoked paprika
- 2 oz barbecue sauce

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷
- all-purpose flour ¹
- ½ cup milk ⁷

TOOLS

- small saucepan
- rimmed baking sheet
- large pot

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 27g, Carbs 67g, Protein 53g



1. Boil pasta

Preheat broiler with a rack in the top position.

Bring a small saucepan of **salted water** to a boil. Add **pasta** and cook, stirring often to prevent sticking, until al dente, about 9 minutes. Drain pasta and set aside until step 5; reserve saucepan for step 3.



2. CHICKEN VARIATION

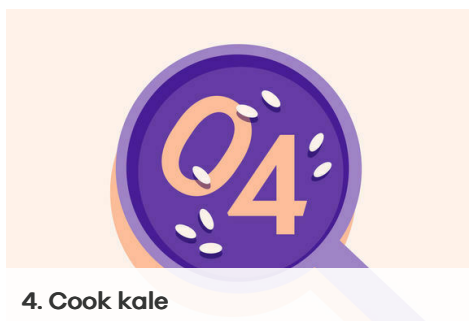
While **pasta** cooks, remove and discard tough center stems from **kale**, then tear leaves into large pieces.

Pat **chicken** dry. Transfer to a rimmed baking sheet, then brush all over with **oil** and season with **salt** and **pepper**.



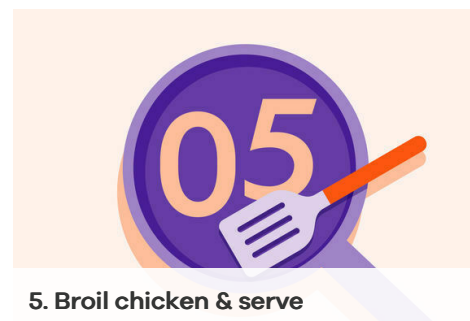
3. Make cheese sauce

Melt **1 tablespoon butter** in reserved saucepan over medium-high heat. Add **1 tablespoon flour** and **¼ teaspoon granulated garlic**; cook, stirring frequently, until fragrant, 30 seconds. Add **½ cup milk**; bring to a simmer, whisking to combine. Remove from heat; whisk in **cheese** until melted and season to taste with **salt** and **pepper**. Cover to keep warm off heat until step 5.



4. Cook kale

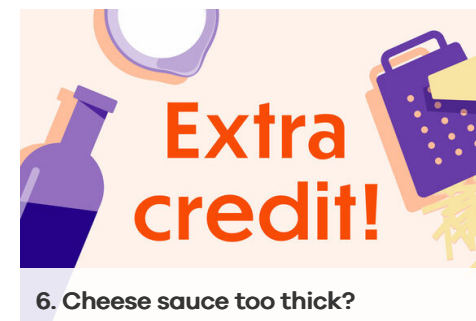
Heat **1 tablespoon oil** in a large pot over medium-high. Add **¼ teaspoon granulated garlic** and **¼ teaspoon smoked paprika**; cook, stirring, until fragrant, 15–30 seconds. Stir in **kale** and **¼ cup water**; cover and cook until tender, 5–8 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



5. Broil chicken & serve

While **kale** cooks, broil **chicken** on top oven rack until cooked through, 5–7 minutes (watch closely). Remove from oven and brush with **some of the barbecue sauce**; broil until sauce is caramelized, 2–3 minutes. Reheat **cheese sauce**, if needed; stir in **pasta**.

Serve **BBQ chicken** with **mac** and **smoky kale** alongside and **remaining barbecue sauce** drizzled over top. Enjoy!



6. Cheese sauce too thick?

If the cheese sauce cools too much and is too thick by step 5, stir in an additional 1–2 tablespoons milk at a time, as needed, to loosen.