



Grilled Lemon-Garlic Chicken

with Arugula & Crispy Oven Fries



40min



2 Servings

We're grilling first and marinating second for this crowd-pleasing meal. When we let grilled chicken breasts rest in a post-marinade sauce of lemon, garlic, and olive oil, they soak up all those flavors the longer they sit. Crispy oven fries and a vibrant salad of arugula, roasted red peppers, and feta round out the meal, while a side of lemon aioli takes everything to the next level.

What we send

- 2 potatoes
- 1 lemon
- 2 oz mayonnaise ^{3,6}
- 5 oz arugula
- garlic
- 2 oz roasted red peppers
- 2 oz feta ⁷
- 12 oz pkg boneless, skinless chicken breasts

What you need

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

Tools

- grill or grill pan
- rimmed baking sheet
- microplane or grater

Cooking tip

No grill? Heat 1 tablespoon oil in a heavy skillet over medium-high. Add steaks and cook until lightly charred and medium-rare, 2-4 minutes per side (or longer for your desired doneness).

Allergens

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1070kcal, Fat 82g, Carbs 45g, Protein 42g



1. Prep potatoes

Preheat a grill on high, if using. Preheat oven to 450°F with a rack in the lower third. Place a rimmed baking sheet on lower oven rack to preheat.

Scrub **potatoes**, then cut into ¼-inch thick fries. Transfer potatoes to preheated baking sheet; carefully toss with **2 tablespoons neutral oil** and **a pinch each of salt and pepper**.



4. Grill chicken

Preheat a grill pan over high, if using. Brush grill with **neutral oil**.

Pat **chicken** dry; season all over with **salt and pepper**. Add to grill or grill pan, then reduce heat to medium-high. Cook until golden brown and cooked through, 3-4 minutes per side. Transfer to **post-marinade** and turn to coat. Let stand for 5 minutes.



2. Bake oven fries

Bake **potatoes** on lower oven rack until tender and golden brown, 25-30 minutes, flipping potatoes after 20 minutes. Immediately season to taste with **salt and pepper**.



5. Make aioli

To bowl with **lemon zest and garlic**, add **mayonnaise** and **2 teaspoons each of olive oil and water**; stir to combine. Season to taste with **salt and pepper**.



3. Make post-marinade

Meanwhile, finely grate **1 teaspoon lemon zest** into a small bowl. Finely chop **1 teaspoon garlic**. Add ¼ teaspoon of the garlic to bowl with lemon zest; set aside for step 5.

Squeeze **lemon juice** into a medium bowl. Add remaining garlic, then whisk in **2 tablespoons olive oil**. Season **post-marinade** with **salt and pepper**.



6. Make salad & serve

Coarsely chop **roasted red peppers**. In a medium bowl, combine **arugula** and **peppers**; toss with **2 teaspoons olive oil** and **1 teaspoon vinegar**. Season with **salt and pepper**. Crumble **feta** into **salad**; toss to combine. Thinly slice **chicken**, if desired.

Serve **chicken** with **post-marinade** spooned over top alongside **salad, fries** and **aioli**. Enjoy!