



BBQ-Spiced Chicken Breast

with Creamy Cauliflower Salad



30-40min



2 Servings

If you don't have a grill or grill pan, this recipe is just as tasty cooked in a skillet. Heat 1 tablespoon of oil in a skillet over medium-high, add the chicken and cook, turning occasionally, until golden-brown and cooked through, 10-15 minutes.

What we send

- 1 head cauliflower
- 1 shallot
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz BBQ spice blend
- 2 oz celery
- ¼ oz fresh dill
- 1 oz mayonnaise ^{3,6}
- 2 pkts Dijon mustard ¹⁷

What you need

- butter ⁷
- olive oil
- kosher salt & pepper
- 2 large eggs ³
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- small saucepan
- grill or grill pan

Allergens

Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

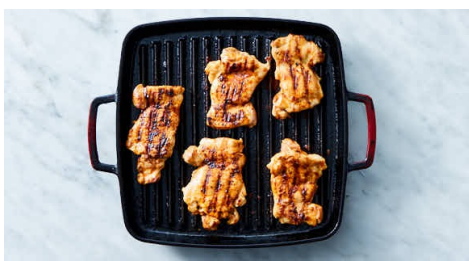
Nutrition per serving

Calories 670kcal, Fat 45g, Carbs 18g, Protein 52g



1. Roast cauliflower

Place **2 tablespoons butter** in a small bowl to soften at room temperature until step 5. Preheat oven to 450°F with a rack in the lower third. Cut **half of the cauliflower** into 1-inch florets (save rest). On a rimmed baking sheet, toss cauliflower with **1 tablespoon oil, ¼ teaspoon salt, and a few grinds of pepper**. Roast until tender and browned, 12-15 minutes, stirring halfway.



4. Grill chicken

Preheat a grill or grill pan to high. Pat **chicken** dry, then lightly rub with **oil** and season all over with **1½ teaspoons BBQ spice blend** and **a few grinds pepper**. Add chicken to grill or grill pan and reduce to medium heat. Grill, turning occasionally, until cooked through and lightly charred, 10-15 minutes.



2. Cook eggs

Fill a small saucepan with water and bring to a boil. Carefully add **2 large eggs** to boiling water and cook for 10 minutes. Immediately drain and return eggs to saucepan, shaking saucepan gently to crack shells. Fill saucepan with ice water. Let stand until step 5.



5. Prep salad & butter

Peel **eggs** under running water, then coarsely chop. Trim ends from **celery**, then thinly slice. Finely chop **dill fronds** and tender stems together. Add **¼ teaspoon BBQ spice blend** to bowl with **softened butter** and mash with a fork until combined.



3. Pickle shallots

Thinly slice **half of the shallot** (save rest). In a large bowl, stir to combine **1 tablespoon each of oil and vinegar, ¼ teaspoon salt, and a few grinds of pepper**. Add sliced shallots and toss to coat. Set aside until step 6.



6. Finish & serve

To bowl with **pickled shallots**, add **mayonnaise, 3 teaspoons mustard**, and **all but ½ tablespoon of the dill**; stir to combine. Gently stir in **roasted cauliflower, chopped eggs**, and **sliced celery**. Season to taste with **salt and pepper**. Garnish with **remaining dill**. Spread **BBQ-spiced butter** over **chicken**; serve with **creamy cauliflower salad** alongside. Enjoy!