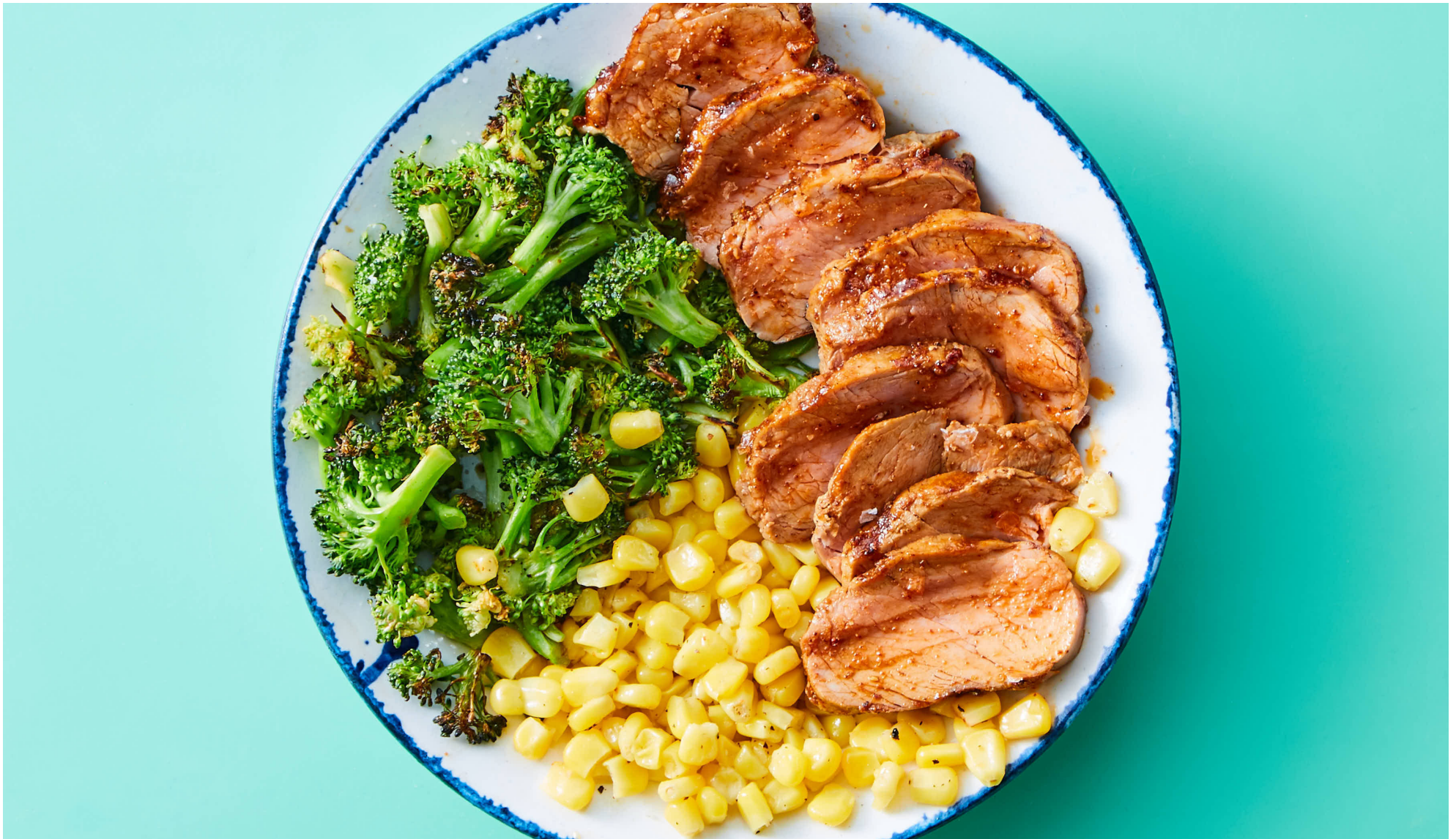


DINNERLY



Low-Carb Roasted BBQ-Glazed Chicken with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here (sorry, chicken). When you roast broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater-proof. We've got you covered! **278**

WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- 2 oz barbecue sauce
- 5 oz corn

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- rimmed baking sheet
- small skillet

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

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

NUTRITION PER SERVING

Calories 510kcal, Fat 29g, Carbs 31g, Protein 37g



1. CHICKEN VARIATION

Preheat oven to 450°F with a rack in the center. Cut **broccoli** into 1-inch florets, if necessary.

Pat **chicken** dry and place on one side of a rimmed baking sheet. Lightly drizzle with **oil** then spoon over **half of the barbecue sauce**.



2. Roast broccoli & chicken

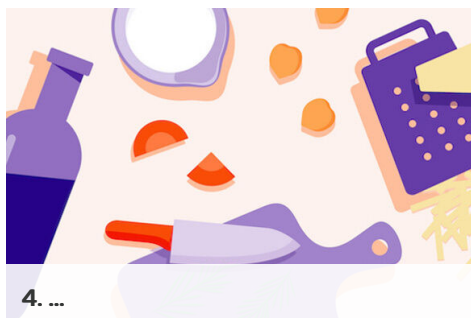
Add **broccoli** to open side of baking sheet; carefully toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until broccoli is tender and browned in spots and chicken is cooked through, 12–15 minutes (watch closely as ovens vary).



3. Cook corn & serve

Meanwhile, melt **1 tablespoon butter** in a small skillet over medium-high. Add **corn** and cook, stirring, until tender, about 2 minutes. Season to taste with **salt** and **pepper**. Thinly slice chicken, then brush with **remaining barbecue sauce**.

Serve **BBQ-glazed chicken** with **buttery corn** and **roasted broccoli** alongside. Enjoy!



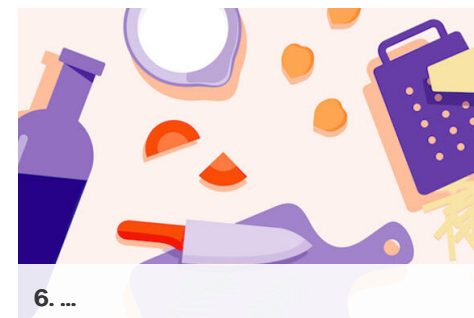
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!