



## Grilled Chicken Thighs

with Veggies & Almond Pesto



20-30min



2 Servings

Simply grilled chicken and vegetables is an ideal summertime meal, but it can often use a little excitement. Here, we add that excitement by way of a homemade almond pesto! Garlic, almonds, lemon, and fresh parsley blend with olive oil into a bright and zesty sauce that enhances everything on the plate. With grilled garlic bread on the side, this summery meal is sure to delight!



## What we send

- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz fresh parsley
- garlic
- 1 lemon
- 1 bell pepper
- 1 zucchini
- 1 ciabatta roll <sup>1</sup>
- 1 oz salted almonds <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- grill or grill pan

## Cooking tip

No grill? Broil peppers & zucchini on a baking sheet until lightly charred, 5-10 minutes (watch closely). Heat 1 T oil in a skillet over medium-high, cook chicken 5-6 minutes per side.

## Allergens

Wheat (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 630kcal, Fat 38g, Carbs 35g, Protein 44g



### 1. Prep chicken thighs

Pat **chicken** dry and trim excess fat. Lightly pound thighs to an even thickness, if necessary. Rub chicken with **oil**, then season all over with **½ teaspoon each of salt and pepper**. Let sit until step 6.



### 2. Prep ingredients

Coarsely chop **parsley leaves and stems** together. Finely chop **1 teaspoon garlic**, then cut **one whole clove** in half and reserve for step 6. Grate **¼ teaspoon lemon zest**, then separately **squeeze 1½ tablespoons lemon juice** into a small bowl.



### 3. Prep vegetables & bread

Halve **bell pepper**, remove stem and seeds, and press to flatten. Trim ends from **zucchini** and cut crosswise into ½-inch thick rounds. Brush veggies with **oil**, then season with **salt and pepper**. Split **ciabatta roll** horizontally and brush with **oil**.



### 4. Make almond pesto

Preheat a grill or grill pan to high. Coarsely chop **almonds**. Add **parsley, lemon zest**, and **chopped garlic** to cutting board with almonds; chop together until fine. (Alternatively, pulse almonds, parsley, garlic, and zest in a food processor until fine.) Transfer to bowl with **lemon juice** and stir in **3 tablespoons oil**. Season to taste with **salt and pepper**.



### 5. Grill vegetables

Lightly **oil** grill grates. Grill **zucchini and peppers** over medium-high, turning once or twice, until lightly charred and tender, 3-5 minutes for zucchinis and 5-7 minutes for peppers. Transfer to a plate and cover loosely with foil to keep warm.



### 6. Grill chicken & bread

Grill **chicken thighs** over medium heat, turning occasionally, until charred and cooked through to 165°F, 10-15 minutes. Move chicken to one side of the grill or grill pan, then add **bread**; grill, turning once, until golden and toasted, 2-3 minutes per side. Lightly rub cut sides of **bread** with **reserved cut garlic clove**. Serve **mixed grill** with **almond pesto** spooned over. Enjoy!