



## Grilled Jerk-Spiced Chicken

with Pineapple Salsa & Crisp Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. Place onions on a rimmed baking sheet and broil on top rack until lightly charred, 5-7 minutes. Heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until golden and cooked through, 3-4 minutes per side.



## What we send

- 4 oz pineapple cup
- 1 lime
- 1 Fresno chile
- ¼ oz fresh cilantro
- 1 red onion
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz jerk seasoning <sup>2,3</sup>
- 1 romaine heart
- 1 cucumber
- 2 oz feta <sup>1</sup>

## What you need

- olive oil
- kosher salt & pepper

## Tools

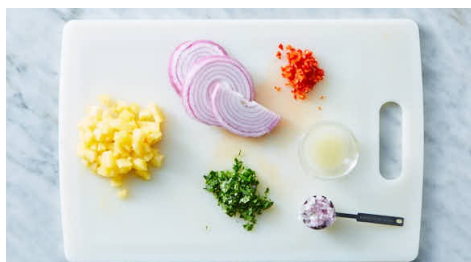
- grill or grill pan

## Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 530kcal, Fat 27g, Carbs 30g, Protein 47g



### 1. Prep salsa

Preheat a grill to high, if using.

Drain **pineapple**, then cut into ¼-inch pieces, if necessary. Squeeze **1 tablespoon lime juice** into a small bowl. Halve **Fresno pepper**, discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems**. Slice **onion** into ¼-inch thick rings. Finely chop 1 tablespoon onion, leaving remaining rings intact.



### 4. Grill onions & chicken

Reduce grill or grill pan heat to medium-high. Add **onion rings** and cook, turning once or twice, until lightly charred and tender, 5-7 minutes. Transfer to a cutting board.

Add **chicken** to grill or grill pan and cook until lightly charred and cooked through, 3-4 minutes per side.



### 2. Make pineapple salsa

In a medium bowl, stir to combine **pineapple, chopped onions, half of the cilantro, 1 teaspoon of the lime juice, and 2 teaspoons oil**. Stir in **1-2 tablespoons Fresno peppers** (depending on heat preference). Season to taste with **salt and pepper**.



### 5. Prep salad & dressing

Meanwhile, halve **lettuce** lengthwise, then thinly slice crosswise; discard stem end. Halve **cucumber** lengthwise (peel, if desired), then thinly slice into half moons.

In a large bowl, whisk to combine **remaining 2 teaspoons lime juice** and **2 tablespoons oil**.



### 3. Prep onions & chicken

Preheat a grill pan over high, if using.

Drizzle **onions** with **oil** and season with **salt and pepper**.

Pat **chicken** dry, rub lightly with **oil**, and season all over with **1½-2½ teaspoons jerk seasoning** (depending on heat preference).



### 6. Finish salad & serve

Add **lettuce, cucumbers, and remaining cilantro** to bowl with **lime dressing**. Crumble in **feta** and toss to combine. Season to taste with **salt and pepper**.

Serve **chicken** topped with **pineapple salsa** and with **salad and grilled onion rings** alongside. Enjoy!