

DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Grilled BBQ-Rubbed Chicken with Roasted Red Pepper Potato Salad



20-30min



2 Servings

We hope you're ready for BBQ feels on a Wednesday night! Or whatever night you happen to be indulging in this deliciousness. BBQ chicken served with creamy potato salad sounds pretty perfect to us. Especially when that potato salad involves roasted red peppers. We've got you covered!

WHAT WE SEND

- 1 russet potato (1 lb)
- 1 oz scallions
- 4 oz roasted red peppers
- garlic (use 1 large clove)
- ½ lb pkg boneless, skinless chicken breasts
- BBQ spice blend (use 3½ tsp)
- 2 (1 oz) pkts sour cream

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or red wine vinegar)

TOOLS

- medium saucepan
- colander
- grill, grill pan, or broiler

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 23g, Carbs 47g, Proteins 40g



1. Cook potatoes

Scrub **potato**, then cut into 1-inch pieces. Place potatoes in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil, then cook, uncovered, until potatoes are just tender, 5-6 minutes. Drain and rinse with cold water. Lay potatoes in an even layer on a plate, then transfer to freezer to chill for at least 10 minutes.



2. Prep ingredients

Trim and discard ends from **scallions**, then thinly slice top 2 inches of dark greens, leaving rest of scallions whole. Pat **red peppers** dry, then cut into bite-size pieces. Peel and finely chop ½ **teaspoon garlic**. Pat **chicken** dry and rub with **oil**; sprinkle lightly with **salt**, then season all over with 3½ **teaspoons of the BBQ spice blend**.



3. Grill scallions & chicken

Heat a grill or grill pan to high. Brush lightly with **oil**. Add **whole scallions** and **chicken**; grill until chicken is golden brown and cooked through and scallions are softened and lightly charred, about 3 minutes per side. Transfer scallions and chicken to a cutting board.



4. Make potato salad

In a medium bowl, whisk together **all of the sour cream** and **chopped garlic**; season generously with **salt** and **pepper**. Add **red peppers**, **sliced scallion greens**, and **cooled potatoes**; toss to coat; then season to taste with **salt** and **pepper**.



5. Finish dressing & serve

Roughly chop **charred scallions**. In a small bowl, stir together 2 **teaspoons vinegar** and 2 **tablespoons oil**. Add **charred scallions**; season to taste with **salt** and **pepper**. Serve **grilled BBQ-rubbed chicken** with **potato salad** alongside. Spoon **scallion dressing** over **chicken**. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 2 tablespoons oil in a medium skillet to high. Add whole scallions and chicken; cook until chicken is golden brown and cooked through and scallions are softened and lightly charred, about 3 minutes per side. Transfer scallions and chicken to a cutting board.