



## 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
- 1 small bag celery
- ¼ oz fresh dill
- 1 oz mayonnaise <sup>1,3</sup>
- 2 (¼ oz) Dijon mustard

## What you need

- butter <sup>2</sup>
- olive oil
- kosher salt & pepper
- 2 large eggs <sup>1</sup>
- apple cider vinegar (or white wine vinegar)

## Tools

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

## Allergens

Egg (1), Milk (2), Soy (3). 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!