



Grilled Caribbean Chicken

with Pineapple Salsa & Crisp Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with the top rack 6 inches from the heat source. 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, about 3-4 per side.

What we send

- 4 oz fresh pineapple
- 1 lime
- 1 Fresno chile
- ¼ oz fresh cilantro
- 1 medium red onion
- 12 oz pkg boneless, skinless chicken breasts
- jerk seasoning (use 1½-2½ tsp) ^{1,6}
- 1 romaine heart
- 1 cucumber
- 1 piece feta cheese ⁷

What you need

- olive oil
- kosher salt & pepper

Tools

- grill or grill pan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

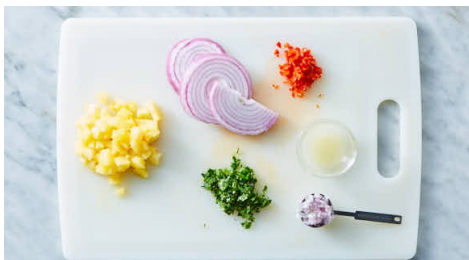
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 510kcal, Fat 26g, Carbs 27g, Proteins 45g



1. Prep salsa

Cut **pineapple** into ¼-inch pieces. Squeeze **1 tablespoon lime juice** into a small bowl. Halve **Fresno chile**, remove stem and seeds, then finely chop. Finely chop **cilantro leaves and stems** together. Slice **onion** into ¼-inch thick rings. Finely chop 1 tablespoon of onion, leaving remaining rings intact.



2. Make pineapple salsa

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



3. Prep onions & chicken

Preheat a grill or grill pan to high. Drizzle **onions** with **oil** and season with **salt and pepper**. Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Rub lightly with **oil**, then season all over with **1½-2½ teaspoons of the jerk seasoning** (depending on heat preference).



4. Grill onions & chicken

Reduce grill or grill pan heat to medium-high. Add **onions** and cook, turning once or twice, until lightly charred and tender, 5-7 minutes. Add **chicken** and cook until lightly charred and cooked through, 3-4 minutes per side.



5. Prep salad & dressing

While **chicken** and **onions** grill, halve **romaine** lengthwise, then thinly slice crosswise, discarding end. Halve **cucumber** lengthwise (peel if desired), then thinly slice into half-moons. In a large bowl, whisk **remaining 2 teaspoons lime juice and 2 tablespoons oil**.



6. Finish & serve

Add **romaine, 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!