

DINNERLY



Roasted BBQ-Rubbed CHICKEN with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here. (Sorry, chicken.) When you roast broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater proof. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- garlic
- BBQ spice blend (use 2 tsp)
- 5 oz corn
- ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- butter ⁷

TOOLS

- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 480kcal, Fat 31g, Carbs 23g, Protein 32g



1. Roast broccoli

Preheat oven to 425°F with a rack the in center. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Place broccoli on a rimmed baking sheet and toss with **1 tablespoon oil**; season with salt and pepper. Roast on center oven rack until broccoli is tender and browned in spots, about 8 minutes (watch closely as ovens vary).



2. Make glaze

While **broccoli** roasts, finely grate ¼ **teaspoon garlic** into a small bowl. To bowl with grated garlic, add **2 tablespoons oil**, **2 teaspoons BBQ spice blend**, and **1 teaspoon each of vinegar and sugar**, stirring to combine; season with salt and pepper.



3. Sauté corn

Meanwhile, melt **1 tablespoon butter** in a medium nonstick skillet over medium-high. Add **corn** and cook, stirring, until tender, about 2 minutes. Season to taste with **salt and pepper**. Transfer to a bowl and cover to keep warm.



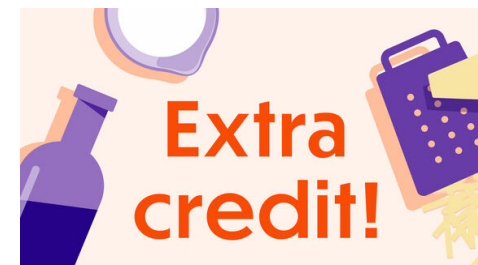
4. Cook chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Season with a **pinch each of salt and pepper**. Heat **2 teaspoons oil** in same skillet over medium-high. Add chicken and cook, flipping once, until browned and cooked through, 2–3 minutes per side. Remove from heat and brush with **some of the glaze**.



5. Finish & serve

Place **chicken** on plates and spoon **remaining glaze** over top. Serve **chicken** alongside **broccoli** and **corn**. Enjoy!



6. Carbo load!

This dinner checks all the right boxes, but nothing beats a fluffy bed of rice to soak up all the BBQ spice flavor!