

DINNERLY



LOW CALORIE

LOW CARB

Seared Chicken & Alabama Sauce with Pickled Green Bean & Corn Salad



20-30min



2 Servings

White BBQ sauce is a unique Southern staple, originating in Alabama and usually served exclusively with smoked chicken. Typically made with mayo, vinegar, and Worcestershire, we've made ours with sour cream, quick-pickle juice, and lots of black pepper. Throw in some homemade pickled dilly beans and sweet corn and suddenly the gang's all here, ready for an Alabama-style picnic. We've got you covered!

WHAT WE SEND

- garlic (use 2 large cloves)
- 5 oz corn
- ½ lb green beans
- 1 oz pkt sour cream ¹
- 10 oz boneless, skinless chicken breast
- ½ oz pkt whole-grain mustard

WHAT YOU NEED

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil, such as canola

TOOLS

- large saucepan
- fine-mesh sieve
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 330kcal, Fat 13g, Carbs 30g, Protein 28g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Finely chop **dill fronds** and **stems**. Peel and chop **2 teaspoons garlic**. Trim and discard stem ends from **green beans**, then cut into 1½-inch pieces. Shuck **corn**, removing any strings, and cut kernels from the cob.



2. Pickle dilly beans

In a medium bowl, combine **chopped dill**, **half of the garlic**, **2 tablespoons vinegar**, and **2 teaspoons each salt and sugar**. Add **beans** to saucepan and cook until crisp-tender, 3 minutes. Stir in **corn** and cook 30 seconds. Reserve **¾ cup boiling water**, then drain **veggies**. Add boiling water to vinegar mixture and whisk to dissolve sugar; add veggies and set aside to pickle.



3. Make sauce

In a small bowl, stir to combine **sour cream**, **remaining garlic**, **¼ teaspoon each salt and pepper**, and **1½ tablespoons of the bean pickling liquid**.



4. Cook chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **a generous pinch each salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden and cooked through, 2–3 minutes per side.



5. Finish & serve

Drain **pickled beans and corn** and transfer to plates. Serve **chicken** alongside and drizzle with **Alabama sauce**. Enjoy!



6. Make it ahead

The dilly beans will still be quick, even if you get them started ahead of time! Because the longer they pickle, the more they will tickle your taste buds and stickle in your mind. You'll want to lick the plate.