



NUTRITION *per serving* 46g carbohydrates 21g fat 42g protein 1659mg sodium | low-calorie, nut-free



Calories
551



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Mild



HOME CHEF

STAFF PICK

BBQ Chicken with Fried Pickles

with side salad

IN YOUR BOX

- 20 Pickle Slices
- 1 Romaine Heart
- 1 Roma Tomato
- 2 Boneless Skinless Chicken Breasts
- 1 Tbsp. Smokehouse Maple Seasoning
- ¾ Cup Tempura Mix
- 1 ½ oz. BBQ Sauce
- 6 fl. oz. Vegetable Oil
- 1 Light Italian Dressing Packet (1 ½ oz.)
- 1 Ranch Dressing Packet (1 ½ oz.)

IN YOUR KITCHEN

- Olive Oil
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Make sure pickles are dry when added to **tempura batter**. This will help batter stick to pickles better.
- **BBQ seasoning** is used twice. 2 tsp. is used to season **chicken breasts**, and remainder flavors **fried pickle slices**.
- **BBQ sauce** is used twice. Half is brushed on **chicken** halfway through baking, and remainder is brushed on just before serving.

FROM THE CHEF

Test oil temperature by adding a couple drops of batter to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.

Did you know...

Arkansas and Mississippi vie for credit for popularizing fried pickles in the early 1960s, and have been a staple of Southern diner menus ever since.



1

Prepare the Ingredients

Pat **pickle slices** dry (*this helps tempura batter adhere*). Hold **romaine head** at root end and chop coarsely. Core **Roma tomato** and cut into ¼" dice. Rinse **chicken breasts**, pat dry, and season both sides with 2 tsp. **BBQ seasoning** (reserve remaining for topping fried pickles).



2

Prepare the Pickles

Combine **tempura mix** and ½ cup **water** in a medium mixing bowl. Mix together thoroughly until batter is formed, similar in consistency to pancake batter. Place **pickle slices** in bowl and cover with batter. Allow to sit at least 5 minutes.



3

Sear the Chicken

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **chicken** to hot pan and cook 2 minutes per side, or until golden brown. Transfer seared chicken to prepared baking sheet. Wipe pan clean.



4

Finish the Chicken

Place baking sheet in oven and bake 6 minutes. Carefully remove baking sheet from oven and brush each **chicken breast** with half the **BBQ sauce** (reserve remaining for brushing on chicken later). Bake 5-7 more minutes, or until chicken is glazed with sauce and reaches a minimum internal temperature of 165 degrees.



5

Cook the Pickles

While chicken cooks, place pan used to sear chicken over medium-high heat and add **vegetable oil**. Test oil temperature by dropping a small amount of **batter** in oil. If it browns too quickly, lower the heat. Line a plate with a paper towel. Working in batches, carefully remove **pickles** from batter and add to hot oil. Cook 3-5 minutes per side, or until light brown and crispy. Transfer to towel-lined plate. Season with remaining **BBQ seasoning**.



6

Plate the Dish

Toss **romaine** and **Roma tomato** with **Italian dressing** in a mixing bowl and serve on a plate. Brush **chicken** with remaining **BBQ sauce** and add to plate along with **fried pickles**. Serve with **ranch dressing** on side for dipping pickles.