



NUTRITION *per serving* 34g carbohydrates 16g fat 43g protein 1022mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories
473



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 2 Garlic Cloves
- 1 Zucchini
- 1 Yellow Bell Pepper
- 1 Red Onion
- 1 Lime
- 4 oz. Frozen Whole Cherries, Pitted
- 2 Boneless Skinless Chicken Breasts
- 1 tsp. Vegetable Seasoning Blend
- ½ oz. Strawberry Jam

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Grill Pan or Outdoor Grill
- Mixing Bowl
- Small Bowl

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HOME CHEF

Grilled Chicken with Cherry Chimichurri

with summer vegetables

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Chopping **cherries** can be a messy proposition. Use a separate cutting board to minimize the mess.

FROM THE CHEF

If you have an outdoor grill and have the multi-tasking skills of a grill master, you can cook everything on the grill at the same time for a quick meal.

Leaving root end on when cutting onion keeps it together while grilling and enhances presentation. Cut root ends off before eating.

Did you know...

Traverse City, Michigan produces over 200 million pounds of cherries every year and has hosted a National Cherry Festival every July since 1910.



1

Prepare the Ingredients

Mince **garlic**. Trim **zucchini** ends and slice on an angle into $\frac{1}{3}$ " ovals. Stem, seed, and slice **yellow bell pepper** into wide $1\frac{1}{2}$ " strips. Trim top of **red onion**, peel, and cut into six wedges, leaving root intact to hold wedges together. Zest **lime**, halve, and juice. On a separate cutting board, finely chop **cherries**. Rinse **chicken breasts**, pat dry, and season both sides with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



2

Cook the Chicken

Heat an outdoor grill or grill pan to medium heat. Lightly coat grill with **cooking spray** and add **chicken** to hot grill pan. Cook 4–6 minutes on each side, or until chicken is slightly charred and reaches a minimum internal temperature of 165 degrees. Remove to a plate and cover loosely with foil. Carefully brush or wipe grates of grill clean.



3

Season the Vegetables

While chicken cooks, place **zucchini**, **yellow pepper**, **onion wedges**, 1 Tbsp. **olive oil**, and **vegetable seasoning** in a medium mixing bowl. Toss to coat vegetables evenly.



4

Grill the Vegetables

Return grill to medium heat and lightly coat with **cooking spray**. Working in batches if necessary, add **vegetables** to hot grill and cook 2–3 minutes on each side, or until charred. Remove vegetables to a plate.



5

Make the Cherry Chimichurri

Combine **garlic**, **cherries**, $1\frac{1}{2}$ Tbsp. **lime juice**, $\frac{1}{2}$ tsp. **lime zest**, **strawberry jam**, 2 tsp. **olive oil**, and $\frac{1}{4}$ tsp. **salt** in a small bowl.



6

Plate the Dish

Place **chicken** on a plate. Spoon **chimichurri** in front of chicken and arrange **grilled vegetables** on side.