



**NUTRITION** *per serving* 31g carbohydrates 22g fat 43g protein 619mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free, nut-free



Calories  
513



Prep & Cook Time  
25-35 min.



Cook Within  
5 days



Difficulty  
Easy



Spice Level  
Mild

#### IN YOUR BOX

10 oz. Carrot  
1 Red Fresno Chile  
2 oz. Mayonnaise  
½ oz. Dijon Mustard  
1 ½ fl. oz. Apple Cider Vinegar  
2 Boneless Skinless Chicken Breasts  
6 oz. Slaw Mix  
1 oz. Honey

#### IN YOUR KITCHEN

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

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HOME CHEF

## Chicken with Alabama-Style BBQ Sauce and honey-glazed carrots and cole slaw

## 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## 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.
- **Heads Up!** Mayonnaise is used twice. Half is used in **white BBQ sauce** and remaining is used in **slaw**.
- **Heads Up!** Apple cider vinegar is used twice. Half is used in **white BBQ sauce** and remaining is used in **slaw**.
- **Spice Alert!** Fresno chile adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping.
- **Heads Up!** Honey is used twice. Half is used in **slaw** and remaining glazes **carrots**.

## FROM THE CHEF

To get the most beautiful sear on the chicken, make sure your pan is hot, put the smooth side of the chicken breast down first, gently press in place for a few seconds, and then try not to move the chicken for the first 3-4 minutes.

### Did you know...

Alabama BBQ sauce was created in Decatur, Alabama by Robert Gibson at Big Bob Gibson's Bar-B-Q restaurant in 1925. The white sauce has evolved from a kitchen staple to a table condiment.



1

## Prepare the Ingredients

Peel **carrot**, trim, and cut into sticks 3" long and ½" thick. Thinly slice **Fresno chile** on an angle. Combine ¾ the **mayonnaise** (reserve remaining for slaw), **Dijon**, **half the apple cider vinegar** (reserve remaining for slaw), and a pinch of **salt and pepper** in a small mixing bowl. Refrigerate until ready to plate. Rinse **chicken breasts**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



4

## Finish the Chicken

Place baking sheet in oven. Bake until **chicken** reaches a minimum internal temperature of 165 degrees and chicken is golden brown, 5-7 minutes. Remove from oven and allow to rest at least 5 minutes. While chicken bakes, cook carrots.



2

## Make the Slaw

Combine **slaw mix**, **Fresno slices** (to taste), remaining **mayonnaise**, remaining **apple cider vinegar**, **half the honey** (reserve remaining for carrots), and a pinch of **salt and pepper** in a medium mixing bowl. Stir and refrigerate until ready to plate.



5

## Cook the Carrots

Heat 2 tsp. **olive oil** in pan used to sear chicken over medium heat. Add **carrots** and cook, stirring occasionally, until tender, 5-7 minutes. Add remaining **honey** and 1 Tbsp. **water** to pan and cook, stirring occasionally, until honey begins to bubble and glazes carrots, 30 seconds to 1 minute. Remove pan from burner and season with a pinch of **salt and pepper**.



3

## Sear the Chicken

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **chicken** in hot pan and cook undisturbed until golden brown, 3-4 minutes. Transfer chicken to prepared baking sheet, seared side up. Reserve pan; no need to wipe clean.



6

## Plate the Dish

Place a serving of **slaw** and **carrots** on a plate. Add a pool of **white BBQ sauce** to plate and place **chicken** in sauce.