



NUTRITION *per serving* 57g carbohydrates 32g fat 55g protein 1340mg sodium | CONTAINS milk, wheat, soy



Calories
734



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 2 Green Onions
- 2 Garlic Cloves
- 4 oz. Kale
- 2 Bone-in Skin-On Chicken Breasts
- 3 oz. Corn Kernels
- 3 oz. Corn Muffin Mix
- 1 oz. Grated Parmesan Cheese
- 1 oz. Sour Cream
- 1 ½ oz. BBQ Sauce
- .9 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Oven-Safe Casserole Dish
- Mixing Bowl
- Medium Non-Stick Pan

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BBQ-Rubbed Crispy Chicken

with Parmesan spoon bread and braised kale

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 **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray
- ❑ Prepare a casserole dish with cooking spray

WHILE YOU COOK

- ❑ For best results, use a 6" round casserole dish, or one with 2 cup capacity.
- ❑ **Heads Up!** Green onions are used twice. **Green portions** are added to **spoon bread**, and **white portions** are added to **kale**.
- ❑ **Heads Up!** Butter is used twice. Half tops **spoon bread** and remaining is added to **kale**.

FROM THE CHEF

A properly cooked spoon bread has a very moist interior; make sure to use a spoon to serve.

Did you know...

Spoon bread originates with Native Americans and was a favorite of George Washington, often served at Mount Vernon. The first known published recipes of spoon bread were in Sarah Routledge's cookbook *The Carolina Housewife* in 1847.



Prepare the Ingredients

Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Mince **garlic**. Stem **kale** and coarsely chop. Pat **chicken breasts** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.



Make the Spoon Bread

Combine $\frac{1}{2}$ cup **water**, **corn**, **corn muffin mix**, **Parmesan**, **sour cream**, **green portions of green onion**, and $\frac{1}{4}$ tsp. **salt** in a medium mixing bowl. Stir until thin, like a pourable pancake batter. *If too thick, add water 2 Tbsp. at a time until consistency is reached.* Transfer batter into prepared small casserole dish and place on one half of prepared baking sheet.



Sear the Chicken

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until golden brown, 2-3 minutes per side. Place chicken on other half of baking sheet. Reserve pan; no need to wipe clean.



Bake Chicken and Spoon Bread

Bake until **chicken** reaches a minimum internal temperature of 165 degrees and **spoon bread** is firm, 15-20 minutes. Rest chicken 5 minutes, then brush with **BBQ sauce**. Cut or pinch half the **butter** (reserve remaining for kale) into pea-sized pieces and carefully dot top of spoon bread. While chicken and spoon bread bake, braise kale.



Braise the Kale

Place pan used to sear chicken over medium-high heat. Add 2 tsp. **olive oil**, **white portions of green onion**, and **garlic** to hot pan and cook until golden brown and fragrant, 30-90 seconds. Add **kale** and $\frac{1}{4}$ cup **water** and cover. Cook, stirring occasionally, until kale has softened and liquid has evaporated, 6-9 minutes. Remove from burner, stir in remaining **butter**, and season to taste with **salt** and **pepper**.



Plate the Dish

Place **chicken** and **kale** on a plate. Serve **spoon bread** alongside.