



AUG
2016

Charred Garlic-Lime Chicken

with Avocado Salsa Verde and Spiced Honey-Butter Corn

Underneath those papery husks, tomatillos are one of summer's most wonderful tomato varieties. After a quick char under the broiler, they become the star of our avocado salsa verde. We'd say it's our favourite condiment, but that honey-butter might just take the cake!

 Prep
40 min

 level 2

 nut
free

 gluten
free



Chicken Breast



Avocado



Jalapeño



Tomatillos



Lime



Garlic



Honey



Shallot




Corn



Cilantro

Ingredients

Chicken Breasts	680 g
Avocado	2
Jalapeño 	1
Tomatillos	250 g
Lime	1
Garlic	2 cloves
Shallot	1
Corn	4
Cilantro	14 g
Honey	4 tsp
Butter* 1)	4 tbsp
Olive or Canola Oil*	

4 People

*Not Included

Allergens

1) Milk/Lait

Tools

Zester, Baking Sheet, Large Non-Stick Pan, Small Bowl, Medium Bowl, Measuring Spoons

Nutrition per person Calories: 726 cal | Carbs: 62 g | Fat: 37 g | Protein: 48 g | Fiber: 12 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Preheat oven to 400°F. Take the **butter** out of the refrigerator and allow to come to room temperature. **Wash and dry all whole produce.** Zest, then juice the **lime**. Mince or grate the **garlic**. Finely chop the **shallot**. Mince the **jalapeño**, if using, removing the ribs and seeds if you prefer less heat. Remove the papery outer husk from the **tomatillos**, then slice them in half. Toss the **tomatillos** on one side of a parchment-lined baking sheet with a drizzle of **oil**.



2 Cook the chicken: Rub the **chicken breasts** with a drizzle of **oil**, **garlic**, **lime zest**, and a pinch of **salt** and **pepper**. Heat a large non-stick pan over medium-high heat and sear the **chicken** for 2-3 minutes per side, until golden brown. Transfer to the same baking sheet as the **tomatillos**. Bake in the oven for 10-12 minutes, until the chicken is cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer chicken to a plate to rest for 5 minutes.



4 Char the corn: Meanwhile, wipe the pan clean. Add the **corn** to the pan over medium-high heat. Cook, turning every 1-2 min, until golden and charred on all sides.



5 Make the honey butter: In a small bowl, combine the **butter**, **honey** (**DO:** measure out), and a pinch of **jalapeño** (if desired.) Season with **salt** and **pepper**.

6 Make the avocado salsa verde: Finely chop the **tomatillos** and **cilantro leaves**. Halve, pit, and cut the **avocado** into 1/2-inch cubes. In a medium bowl, combine the **avocado** with **tomatillos**, **half the cilantro**, **lime juice**, and as much **jalapeño** and **shallot** as you like. Season with **salt**.

7 Finish and serve: Slice the **chicken**. Rub the **charred corn** with the **honey butter** and sprinkle with remaining **cilantro**. Serve alongside the **chicken**, topped with the **avocado salsa verde**. Serve with **lime wedges** to squeeze overtop, if desired. Enjoy!

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