

# Spicy Glazed Chicken & Honey Butter Corn

with Coleslaw & Crispy Onions

2 SERVINGS

15-25 MINS

 **Blue Apron**  
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## ↔ DID YOU CUSTOMIZE IT?

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## Ingredients

-  2 Boneless, Skinless Chicken Breasts **or** 2 Steaks
-  ½ lb Red or Green Cabbage
-  2 ears of Corn
-  ⅓ cup Crispy Onions
-  2 Tbsps Sweet Pickle Relish
-  1 Tbsp Hot Sauce
-  2 tsps Honey
-  2 Tbsps Butter
-  2 Tbsps Mayonnaise
-  1 Tbsp Barbecue Spice Blend\*\*

\*\*Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder, & Light Brown Sugar



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

## Wellness at Blue Apron\*

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### CARB CONSCIOUS

\*Customized recipes can affect health badges. Look online for more details if you customized this recipe.

## 1 Cook & glaze the chicken

- Remove the **butter** and **honey** from the refrigerator to bring to room temperature.
- Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned. Flip and cook 5 minutes.
- Add **half the butter**, **2 tablespoons of water** (carefully, as the liquid may splatter), and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Cook, frequently spooning the mixture over the chicken, 1 to 2 minutes, or until the chicken is glazed and cooked through.\* Turn off the heat.



### ↩ CUSTOMIZED STEP 1 *If you chose 2 Steaks*

- Follow the directions in Step 1 up to seasoning the **steaks** (instead of chicken).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned steaks**. Cook, turning occasionally, 7 to 8 minutes, or until browned.
- Add **half the butter**, **2 tablespoons of water** (carefully, as the liquid may splatter), and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Continue to cook, frequently spooning the mixture over the steaks, 1 to 2 minutes for medium-rare, or until the steaks are glazed and cooked to your desired degree of doneness.\* Turn off the heat.
- Transfer to two plates; let rest at least 5 minutes. Cover with foil to keep warm.

## 2 Make the coleslaw

- Meanwhile, wash and dry the **cabbage**; cut out and discard the core, then thinly slice the leaves.
- In a medium bowl, combine the **sliced cabbage**, **pickle relish**, **mayonnaise**, and a drizzle of **olive oil**; season with salt and pepper. Toss to coat.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 3 Cook the corn

- Meanwhile, remove the husks and silks from the **corn**.
- Add the corn cobs to the pot of boiling water. Cook 2 to 3 minutes, or until bright yellow and slightly tender.
- Drain thoroughly and pat dry with paper towels.



## 4 Make the honey butter & serve your dish

- In a bowl, combine the **remaining butter** and **honey** (kneading the packet before opening). Using a fork, mash to combine. Season with salt and pepper.
- Serve the **glazed chicken** with the **coleslaw** and **cooked corn** on the side. Evenly top the corn with the **honey butter** and garnish the coleslaw with the **crispy onions**. Enjoy!



### ↩ CUSTOMIZED STEP 4 *If you chose 2 Steaks*

- Follow the directions in Step 4, serving with the **glazed steaks** (instead of chicken).

\*An instant-read thermometer should register 165°F for chicken and 145°F for steak.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 700, Total Carbohydrates: 44g, Dietary Fiber: 7g, Added Sugars: 9g, Total Fat: 40g, Saturated Fat: 13g, Protein: 45g, Sodium: 1440mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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