



Chicken Paillards

with Summer Succotash and Basil



ca. 20min



4 Servings

"Succotash is a dish believed to have evolved from the Algonquin Native Americans as early as the 1750s, and we're gladly still eating it hundreds of years later. Pounding the chicken into thin paillards allows for an even, golden sear, and a speedy cooking time. Fresh corn provides a nice, sweet crunch against soft lima beans and tender green beans, and a bit of vinegar gives it all a tangy bi...

What we send

- boneless, skinless chicken breasts
- lima beans
- ears of corn
- green beans
- shallot
- green bell pepper
- red wine vinegar
- fresh basil

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- large skillet
- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 425.0kcal, Fat 14.2g, Proteins 47.7g, Carbs 21.3g



1. Prep vegetables

Trim ends from **shallots**, then halve, peel, and thinly slice **1 cup**. Halve **pepper**, discard stem and seeds, and chop into ½-inch pieces. Shuck **corn** and cut **kernels** from cobs. Trim stem ends from **green beans**; cut into 1-inch pieces. Rinse **lima beans** in a fine-mesh sieve under cool water; pat dry.



4. Cook vegetables

Add **2 tablespoons oil** to same skillet over medium-high. Add **green beans** and **pepper** and cook until browned in spots, about 3 minutes. Add **shallot**, **corn**, and **lima beans**. Season with **½ teaspoon salt** and **several grinds pepper** and cook, stirring often, until **vegetables** are tender and golden in spots, about 5 minutes.



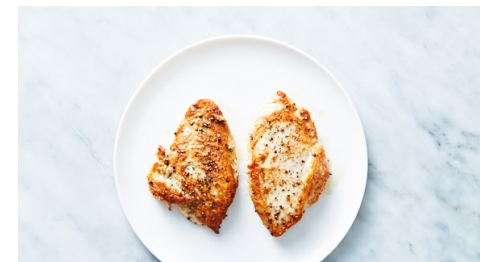
2. Flatten chicken

Pat **chicken** dry and place between 2 sheets of plastic wrap. Using a meat mallet or a heavy skillet, pound chicken to an even ½-inch thickness. Season chicken well all over with **salt** and **pepper**.



5. Finish succotash

Remove skillet from heat, stir in **vinegar** and season to taste with **salt** and **pepper**.



3. Brown chicken

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chicken** in 2 batches, and cook until golden-brown, about 4 minutes. Flip and cook on the other side, about 2 minutes more, or until cooked through. Transfer to a plate and repeat with remaining chicken, adding **oil** if necessary. Reserve skillet.



6. Finish & serve

Pick **basil leaves** from stems and tear any large leaves. Stir **half of the basil** into the **succotash**. Serve **succotash** alongside **chicken** and top with **remaining basil leaves**. Enjoy!