





## Chicken with Broccolini

& Cranberry-Orange Gluten-Free Grains

 30-40min  2 Servings

Orange and cranberry are a classic pairing that works well in sweet or savory preparations—we've opted to use this flavor combo in a brown rice and quinoa pilaf, which gives these hearty grains a bright citrusy sweet flavor along with toasted slivered almonds for a nutty crunch. The pilaf is topped with a tender pan seared chicken breast and super flavorful roasted broccolini. Cook, relax, and ...

## What we send

- quick cooking brown rice
- broccolini
- boneless, skinless chicken breast
- navel orange
- red quinoa
- dried cranberries
- turkey broth concentrate
- shallot

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- medium saucepan
- medium skillet
- rimmed baking sheet

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.

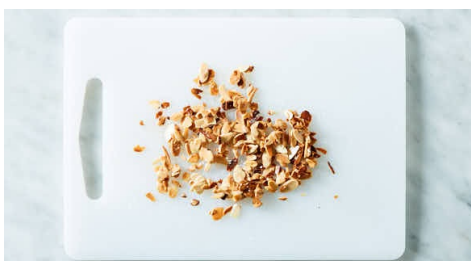
## Nutrition per serving

Calories 900.0kcal, Fat 45.0g, Proteins 49.0g, Carbs 78.0g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium saucepan of **salted water** to a boil. Peel and finely chop **shallot**. Reserve **2 tablespoons chopped shallot** for step 6. Zest **1 teaspoon orange zest** then squeeze **¼ cup juice**, keeping separate.



### 4. Toast almonds

Heat **1 teaspoon oil** in a medium skillet over medium. Add **almonds** and cook until toasted and fragrant, about 3 minutes. Transfer to a cutting board and sprinkle with **salt**.



### 2. Make pilaf

Add **rice** to boiling water. Boil for 7 minutes. Add **quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve. Heat **1 tablespoon oil** in same saucepan over medium-high. Add **shallots**; cook until softened, 2-3 minutes. Return **1½ cups grains** (save rest for own use) to saucepan; add **cranberries**. Cover to keep warm.



### 5. Sear chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** same medium skillet over medium-high. Add **chicken** and cook until well browned and cooked through, about 3 minutes per side. Transfer to a plate.



### 3. Roast broccolini

Trim stem ends from **broccolini**. Halve lengthwise if large. On a rimmed baking sheet, toss broccolini with **2 tablespoons oil** and season with **salt** and **pepper**. Bake on the upper oven rack until golden brown and tender, 12-15 mins.



### 6. Make sauce & finish

Add **reserved shallots** and **1 teaspoon oil** to skillet; cook until golden brown, 2-3 minutes, scraping up any browned bits. Add **broth concentrate**, **orange juice** and **¼ cup water**. Simmer until **sauce** is slightly thickened and reduced to ¼ cup. Stir **almonds** and **orange zest** into pilaf. Serve **chicken** alongside **broccolini** and **pilaf**. Spoon **sauce** over \_\_chicke...