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Fennel Coriander Chicken

with Blood Orange Spinach Salad



30-40min



2 Servings

Winter time is citrus time! And our hearts are all a flutter when blood oranges are in season—their vibrant red color and sweet flavor add a little something special to every dish they grace. Here, juicy blood orange segments sit on a crisp and refreshing spinach and fennel salad that is a bright contrast to elegant spice-rubbed and roasted chicken. Cook, relax, and enjoy!

What we send

- bone-in skin-on chicken breast
- ground fennel seed
- blood orange
- ground coriander
- white wine vinegar
- fennel
- baby spinach

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- ovenproof 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 458.0kcal, Fat 21.8g, Proteins 38.8g, Carbs 26.8g



1. Prep chicken

Preheat oven to 425°F. Pat **chicken** dry. In a small bowl, combine **½ teaspoon of the ground fennel**, **¾ teaspoon of the coriander**, and **1 teaspoon salt**. Season chicken all over with **spice mixture**.



4. Prepare oranges

Cut ends from **oranges**. Stand each on one end and cut peel and bitter white pith from oranges, cutting from top down, following the curve of the orange. Halve oranges from top to bottom, then slice crosswise ¼-inch thick. Squeeze **2 tablespoons juice** from the trimmings and some of the orange slices into a small bowl.



2. Cook chicken

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add **chicken**, skin side-down. Cook, without moving, until golden-brown, about 5 minutes. Flip chicken, transfer skillet to oven, and roast until chicken reaches an internal temperature of 165°F, 15-20 minutes.



5. Make vinaigrette & salad

Drain **fennel** and pat dry. In a large bowl, combine fennel and **spinach**. In a medium bowl, combine **reserved blood orange juice**, **vinegar**, **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Dress fennel-spinach mixture with **half of the vinaigrette** and toss to coat. Add **sliced oranges**, then crumble **goat cheese** on top.



3. Prepare fennel

Meanwhile, trim base and any stalks from **fennel bulb**, then cut into quarters, lengthwise and remove tough outermost layer. Slice bulb crosswise as thinly as possible (use a mandoline if you have one); discard root end. Transfer slices to a large bowl of **ice water**.



6. Serve

Serve **chicken** alongside **fennel-spinach salad**. Drizzle more **blood orange vinaigrette** on **salad** and **chicken**. Enjoy!