



LOW CARB

NO ADDED GLUTEN

## One-Pan Tarragon Chicken

with Spinach & Fennel



30-40min



2 Servings

Tarragon may look like blades of vibrant green grass but this herb, commonly used in French cuisine, is known as "the king of herbs" in France. It is loved for its anise-like flavor that adds an aromatic, bittersweet pop to dishes. Chop it up as a twist on a classic Italian gremolata for a simple, yet bright condiment that will be the game-changer for all your future cooking.



## What we send

- sink-on, bone-in chicken thighs
- fennel
- garlic
- lemon
- fresh tarragon
- red onion
- baby spinach

## What you need

- kosher salt & ground pepper

## Tools

- microplane or grater
- 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 530.0kcal, Fat 32.0g, Proteins 42.0g, Carbs 20.0g



### 1. Prep chicken

Preheat broiler with a rack in the center position. Pat **chicken** dry. Transfer to rimmed baking sheet. Drizzle with **1 tablespoon oil**, then season all over with **1 teaspoon salt** and **a few grinds of pepper**.



### 2. Broil chicken

Broil **chicken** on center oven rack until cooked through, 10-15 minutes (watch closely, as broilers vary.)



### 3. Prep ingredients

While **chicken** broils, trim stalks and core-end from **fennel** and remove tough outer layer, if necessary, then cut bulb into ½-inch wedges. Peel, halve and cut **all of the onion** into ½-inch wedges through the root end. Pick **half of the tarragon leaves** from stems, discarding stems; finely chop leaves (save rest for own use).



### 4. Roast vegetables

Remove **chicken** from oven. Arrange **onions, fennel**, and **1 teaspoon of the chopped tarragon** around chicken, stirring veggies in **any pan juices**. Drizzle with **oil** and season with **a pinch each salt and pepper**. Return to center rack and broil until chicken skin is crisp and the vegetables are tender, about 15 minutes, stirring veggies halfway (watch closely).



### 5. Make tarragon gremolata

Peel and finely chop **½ teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, squeeze **1 teaspoon juice**, and cut remainder into wedges. Chop garlic, lemon zest, and **1 teaspoon of the remaining tarragon** together until a fine paste forms. In a small bowl, combine lemon juice, **1 teaspoon water**, and **a pinch each salt and pepper**. Whisk in **1 tablespoon oil**.



### 6. Wilt spinach & serve

Scatter **spinach, lemon dressing**, and **1 teaspoon of the gremolata** over baking sheet, stirring to combine. Return to oven, then broil until spinach is wilted, 2-3 minutes. Stir **½ tablespoon butter** into pan juices; season with **salt and pepper**. Serve **chicken, vegetables**, and **pan juices** sprinkled with **remaining gremolata**. Serve **lemon wedges** on the side. En...