

LOW CARB

NO ADDED GLUTEN

One-Pan Tarragon Chicken

with Spinach & Fennel



30-40min



4 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

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

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 500.0kcal, Fat 30.0g, Proteins 41.0g, Carbs 15.0g



1. Prep chicken

Preheat broiler with a rack in the center position. Pat **chicken** dry. Transfer to rimmed baking sheet. Drizzle with **1½ tablespoons oil**, then season all over with **2 teaspoons salt** and **a few grinds pepper**.



2. Broil chicken

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



3. Prep ingredients

While **chicken** broils, trim stalks and core-ends from **all of the fennel** and remove tough outer layers, if necessary, then cut bulbs into ½-inch wedges. Peel, halve, and cut **all of the onion** into ½-inch wedges through the root end. Pick **tarragon leaves** from stems, discarding stems; finely chop leaves.



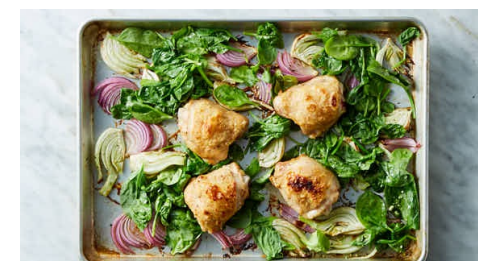
4. Roast vegetables

Remove **chicken** from oven. Arrange **onions, fennel**, and **2 teaspoons of the tarragon** around chicken, stirring veggies in **pan juices**. Drizzle with **oil** and season with **a pinch each salt and pepper**. Return to center rack. Broil until chicken skin is crisp and vegetables are tender, 15-20 minutes, stirring halfway (watch closely). Leave broiler on.



5. Make tarragon gremolata

Peel and finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon lemon zest**, squeeze **2 teaspoons juice**, and cut remainder into wedges. Chop garlic, lemon zest, and **2 teaspoons of the remaining tarragon** together until a fine paste forms. In a small bowl, combine lemon juice, **2 teaspoons water**, and **a pinch each salt and pepper**. Whisk in **2 tablespoons oil**.



6. Wilt spinach & serve

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