



Lemon-Dijon Chicken

with Rice & Roasted Zucchini



30-40min



2 Servings

We love the ease of cooking under the broiler. The veggies get a head-start in the oven as the chicken cooks in a skillet. The true hero here is tangy garlic Dijon sauce—be sure to let the garlic cool slightly before quickly whisking in the mustard so it fully emulsifies—a fancy cooking word for combine completely. Drizzle the sauce over the whole sheet pan and toss for saucy perfection. Cook,

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What we send

- boneless, skinless chicken breasts
- jasmine rice
- Dijon mustard ¹⁷
- zucchini
- fresh thyme
- garlic
- yellow onion
- lemon

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- large skillet
- rimmed baking sheet
- small saucepan

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

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 40g, Carbs 70g, Proteins 43g



1. Cook rice

Preheat broiler with top rack 6 inches from heat source. Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1¼ cups water** and **a pinch of salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Broil vegetables

Broil **vegetables** on top oven rack until browned, stirring halfway through, 10-12 minutes (watch closely as broilers vary). In a small bowl, whisk together **mustard** and **2 tablespoons water**.



2. Prep ingredients

Meanwhile, halve, peel, and thinly slice **all of the onion**. Trim ends from **zucchini** and cut into ½-inch thick rounds. Halve **lemon** lengthwise, and cut one half into wedges. Pick and chop **leaves** from **half of the thyme sprigs**. Peel and finely chop **2 large garlic cloves**.



5. Cook chicken & make sauce

Heat **2 teaspoons oil** in a large skillet over medium-high. Add **chicken**, and cook until golden, 2-3 minutes per side. Transfer to a plate. Off the heat, add **garlic**, **1 tablespoon butter**, and **1 tablespoon oil** to skillet; cook, stirring, until fragrant, 1-2 minutes. Add **Dijon mixture**; whisk quickly to combine, scraping up any brown bits in skillet.



3. Prep veggies & chicken

On a rimmed baking sheet, toss **onions**, **zucchini**, **lemon wedges**, and **half of the chopped thyme** with **1 tablespoon oil**, **1 teaspoon salt**, and **several grinds of pepper**; spread to an even layer. Pat **chicken** dry and pound to an even thickness, if necessary. Rub with **oil** and season with **½ teaspoon salt** and **a few grinds pepper**.



6. Finish & serve

Transfer **chicken** to baking sheet with **veggies**, pour **garlic-Dijon sauce** over top, and sprinkle with the **remaining chopped thyme**. Gently toss together on baking sheet to combine; season to taste with **salt** and **pepper**. Fluff **rice** and spoon __ onto plates and serve **chicken** and **veggies** over top. Enjoy!