

## Honey-Lemon Chicken

with Farro & Fennel Salad



30-40min



4 Servings

Fresh fennel, crisp cucumbers, roasted red peppers, scallions, and hearty farro come together in a lemony-mint dressing for a dish that brings summery vibes to the plate. Making the salad the day before allows for the farro to really absorb the dressing, and saves some work at dinnertime!



## What we send

- ½ lb farro <sup>1</sup>
- 2 lemons
- 5 scallions
- ½ oz fresh mint
- 3 (¾ oz) Parmesan <sup>7</sup>
- 2 (½ oz) honey
- 2 (12 oz) pkgs boneless, skinless chicken breasts
- 1 bulb fennel
- 4 oz roasted red peppers

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium saucepan
- box grater
- large skillet

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 45g, Carbs 54g, Protein 51g



### 1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook, stirring occasionally, until tender, 12-15 minutes. Drain well in a fine-mesh sieve. Reserve for step 6.



### 2. Prep ingredients

While **farro** cooks, finely grate **2 teaspoons lemon zest** and squeeze **½ cup juice** into a medium bowl.

Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Pick **mint leaves** from stems and finely chop, discarding stems.

Coarsely grate **all of the Parmesan** on the large holes of a box grater.



### 3. Marinate chicken

To bowl with **lemon zest and juice**, whisk in **honey, scallion whites and light greens, ½ cup oil, 1 teaspoon salt**, and **several grinds of pepper**. Transfer **½ cup of the dressing** to a large bowl and set aside for step 4.

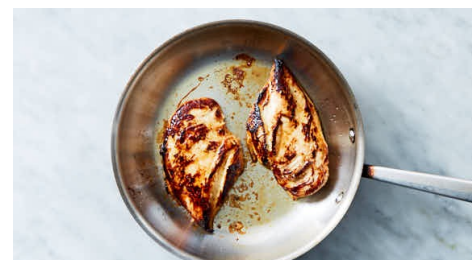
Pat **chicken** dry and pound to ¼-inch thickness, if necessary. Add chicken to remaining dressing and let marinate.



### 4. Prep salad

Trim end from **fennel**; cut into quarters lengthwise and thinly slice 2 cups crosswise. Coarsely chop **roasted red peppers**, if necessary. Halve **cucumber** lengthwise (peel if desired); thinly slice into half moons.

To bowl with **reserved dressing**, add **2 tablespoons oil** and **mint**. Set aside **2 tablespoons dressing** for step 6. Add fennel, peppers, and cucumbers; toss to combine.



### 5. Cook chicken

Heat **1½ tablespoons oil** in a large skillet over medium-high. Add **chicken** and cook until browned and cooked through, 2-3 minutes per side.






### 6. Finish salad & serve

To bowl with **dressed vegetables**, add **farro, Parmesan, half of the scallion dark greens**, and **2 tablespoons oil**; stir to combine. Season to taste with **salt** and **pepper**.

Serve **chicken** over **farro and fennel salad**. Top with **remaining scallion dark greens** and **reserved dressing**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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