



SKU1902 hero

Sautéed Chicken & Veggies

with Lemon-Butter Pan Sauce

 20-30min  4 Servings

Pan sauces are a simple way to take a dish from delicious to restaurant quality. After the chicken is seared, golden-brown goodness is left at the bottom of the skillet. Add shallots, butter, and a mixture of chicken broth, water, lemon juice, and zest to the skillet, loosening all of the browned bits on the bottom of the pan creating a silky sauce that perfectly complements juicy chicken breast.

What we send

- fresh tarragon
- shallot
- zucchini
- lemon
- asparagus
- boneless, skinless chicken breasts
- chicken broth concentrate
- white quinoa

What you need

- kosher salt & ground pepper
- olive oil

Tools

- skillet
- meat mallet (or heavy skillet)
- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450.0kcal, Fat 23.0g, Proteins 41.0g, Carbs 21.0g



1. Make quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **¾ teaspoon salt**. Bring to a boil, cover, and cook over low until quinoa is tender and liquid is absorbed, about 15 minutes. Remove from heat and cover to keep warm.



4. Sauté vegetables

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **asparagus** and **zucchini**, season with **a pinch each salt and pepper** and cook, stirring occasionally, until lightly browned in spots and crisp-tender, about 5 minutes. Stir in **lemon zest** and transfer to a plate; cover loosely to keep warm.



2. Prep ingredients

Meanwhile, trim bottom 2 inches from **asparagus**, then cut into 2-inch pieces. Trim ends from **zucchini**, then halve lengthwise and slice crosswise into ¼-inch thick half moons. Peel and finely chop **¼ cup shallot**. Pick **tarragon leaves** from stems, discarding stems; coarsely chop 1 tablespoon leaves.



5. Sauté chicken

Pat **chicken** dry, and using a meat mallet or heavy skillet, pound to ½-inch thickness. Season all over with **¾ teaspoon salt** and **a few grinds pepper**. Heat **2 teaspoons oil** in same skillet until shimmering. Add chicken and cook, turning once, until golden and cooked through, about 3 minutes per side. Transfer to a plate. Heat **1 tablespoon oil** in same skillet.



3. Prep sauce

Grate **½ teaspoon lemon zest** and set aside for step 4. Squeeze **1½ tablespoons lemon juice** into a small bowl. Add **all of the chicken broth concentrate** and **¾ cup water** to juice, whisking to combine.



6. Make pan sauce & serve

Add **shallots** to skillet and cook over medium, 3 minutes. Add **sauce mixture**; simmer until reduced to ½ cup, about 5 minutes. Add **3 tablespoons butter** and swirl to melt. Return **chicken** to skillet and cook, turning until heated through, about 1 minute. Spoon **quinoa** onto plates and top with **chicken, sauce, chopped tarragon**, and with **vegetables** alongside. Enjoy!