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Lemon Pan-Seared Chicken

with Summer Farro & Fennel Salad



30-40min



2 Servings

Fresh fennel, crisp cucumbers, roasted red peppers, scallions, and hearty farro come together in a lemony-mint dressing, for a dish that brings all of the summertime 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

- cucumber
- quick-cooking farro ¹
- lemon
- boneless, skinless chicken breasts
- scallions
- fennel
- roasted red pepper
- fresh mint
- honey
- Parmesan ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- fine-mesh sieve
- 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

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

Nutrition per serving

Calories 910kcal, Fat 56g, Carbs 56g, Proteins 46g



1. Cook farro

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



2. Prep ingredients

While the **farro** cooks, finely grate **1 teaspoon lemon zest** and squeeze **3 tablespoons juice** into a medium bowl. Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Pick **mint leaves** from stems, discarding stems; finely chop leaves. Coarsely grate **Parmesan** on the large holes of a box grater.



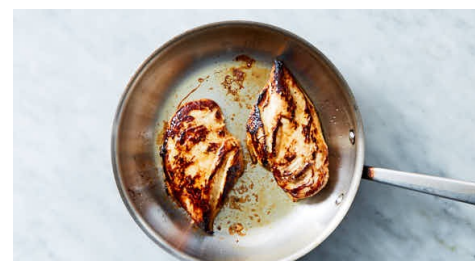
3. Marinate chicken

In the medium bowl with lemon zest and juice, whisk in **honey**, **¼ cup oil**, **scallion whites and light greens**, **½ teaspoon salt**, and **a few grinds pepper**. Transfer ⅓ 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 the medium bowl and let marinate until step 5.



4. Prep salad

Trim end from **fennel**; cut into quarters lengthwise and thinly slice crosswise (1 cup). Coarsely chop **roasted red peppers**. Halve **cucumber** lengthwise (peel if desired); thinly slice into half moons. To the bowl with reserved dressing, add **1 tablespoon oil** and **mint**. Reserve **1 tablespoon dressing** for step 6. Add fennel, peppers, and cucumbers; toss to combine.



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 2-3 minutes per side.



6. Finish salad & serve

To the bowl with **dressed vegetables**, add **cooked farro**, **Parmesan**, **half of the scallion dark greens**, and **1 tablespoon oil**; stir to combine. Season to taste with **salt** and **pepper**. Spoon **farro and fennel salad** onto plates and top with **chicken**, **remaining scallion dark greens**, and drizzle **reserved dressing** over top. Enjoy!