



NO ADDED GLUTEN

NO ADDED DAIRY

Broiled Sicilian Lemon Chicken

with Asparagus & Arborio Rice



30-40min



2 Servings

Arborio rice is a type of short-grained rice, prized for its decadently starchy texture and pearly white appearance—it is the star ingredient in risotto! This hearty grain is the perfect companion to lemony chicken thighs and crisp asparagus.

What we send

- bone-in, skin-on chicken thighs
- crushed red pepper flakes
- lemon
- fresh oregano
- garlic
- capers ¹²
- asparagus
- arborio rice

What you need

- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- pot
- 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

Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 36g, Carbs 64g, Proteins 46g



1. Prep chicken

Bring a medium pot of **salted water** to a boil. Preheat broiler with a rack in the center position. Pat **chicken** dry and trim any excess skin, if necessary. On a rimmed baking sheet, toss chicken with **1 tablespoon oil** and season with **salt**, and **a few grinds pepper**. Arrange chicken, skin-side down, in an even layer.



2. Broil chicken

Broil **chicken** on center rack, without turning, until golden and crusty, 10-12 minutes, shifting baking sheet if necessary for even cooking (watch closely). Use a spatula to loosen chicken skin from baking sheet, then flip chicken. Continue to broil until chicken skin is golden and crispy and chicken is cooked through, 8-12 minutes more (watch closely).



4. Make lemon sauce

Into a small bowl, grate **½ teaspoon lemon zest** and squeeze **1 tablespoon juice**. Peel and finely chop **½ teaspoon garlic**. Coarsely chop **capers**. Finely chop **2 teaspoons oregano leaves**. To bowl with lemon zest and juice, add chopped oregano, capers, garlic, **¼ teaspoon of the crushed red pepper**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



5. Broil asparagus

Trim bottom 2-inches from **asparagus**. Transfer cooked chicken to plates. Place asparagus on same baking sheet and toss to coat with **any remaining chicken fat** from baking sheet; season with **salt** and **pepper**. Broil on center oven rack until bright green and crisp-tender, about 3 minutes (watch closely, as broilers vary).



3. Boil rice

While **chicken** broils, add **rice** to the pot with boiling water and cook, like pasta, stirring occasionally to prevent sticking, until just tender, 13-14 minutes. Drain rice, then return to pot and cover to keep warm until ready to serve.



6. Serve

Serve **chicken** over **rice**, with **lemon sauce** drizzled over top, and **asparagus** alongside. Enjoy!