



## Crispy Lemon-Butter Chicken

with Arugula, Radicchio & Shallots



30-40min



2 Servings

This recipe highlights a winner #smartcooking move: crisp some shallot rounds in olive oil and reserve the shallot oil for a salad dressing turned up a notch. And there's a lot more to love here, from the tender chicken breasts basted in an addictive butter-lemon sauce to a nutritious radicchio and arugula salad. Oh, and those crunchy shallots scattered on top. Cook, relax and enjoy!



## What we send

- champagne vinegar
- boneless, skinless chicken breasts
- shallot
- lemon
- whole grain mustard <sup>17</sup>
- radicchio
- baby arugula

## What you need

### Tools

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

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

### Nutrition per serving

Calories 660kcal, Fat 41g, Carbs 18g, Proteins 49g



### 1. Cook shallots

Trim ends from **shallot**, then peel and thinly slice into rounds. Heat **¼ cup oil** in a small skillet over medium. Add shallot rounds and cook until golden brown, 8-10 minutes. Use a slotted spoon to remove shallots and transfer to a paper towel. Sprinkle with **salt**. Reserve **shallot oil**.



### 4. Make salad

Whisk together **reserved shallot oil**, **champagne vinegar**, **1 tablespoon mustard**, and **half the lemon juice**; season to taste with **salt** and **pepper**. Cut **radicchio** into quarters, remove the core then roughly chop. Toss radicchio with the **vinaigrette**.



### 2. Pound chicken

Meanwhile, place each **chicken breast** between two pieces of plastic wrap. Using a meat mallet or a heavy skillet, pound each to ¼-inch thickness. Juice the **lemon**.



### 5. Cook chicken

Heat 2 tablespoons oil in a large skillet over medium-high. Add **chicken breasts** (in batches if necessary) and cook until golden brown, 2-3 minutes. Flip, cook 1-2 minutes more, or until cooked through. Add **butter** and **remaining lemon juice**, cook until sauce thickens and coats chicken, about 1 minute.



### 3. Coat chicken

Add **¼ cup flour** and **1 teaspoon salt** to a shallow dish and stir to combine. Coat each **chicken breast** in flour mixture, shaking off any excess.



### 6. Assemble

Toss **arugula** with **radicchio**. Serve **chicken** topped with **salad**. With a vegetable peeler, shave **Parmesan** over **salad** and top with **crispy shallots**. Enjoy!