



Lemon-Rosemary Chicken

with Almond-Herb Gremolata & Green Beans



30-40min



2 Servings

Gremolata is an Italian condiment made from combining finely chopped herbs and citrus—traditionally made with parsley and lemon—this rosemary chicken dish swaps in mint to add a fresh flavor, and toasted slivered almonds adds the perfect nutty crunch.

What we send

- 1 lemon
- ¼ oz fresh rosemary
- 12 oz boneless, skinless chicken breasts
- ¼ oz fresh mint
- garlic
- ½ lb green beans
- 1 pkt chicken broth concentrate
- 1 oz sliced almonds (use half) ¹⁵
- 4 oz Italian 5-grain blend ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- 2 medium skillets

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), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 44g, Carbs 55g, Proteins 49g



1. Marinate chicken

Finely grate **1 teaspoon lemon zest**. Separately, squeeze **1 tablespoon juice** into a medium bowl; cut remaining lemon into wedges. Pick and finely chop **2 teaspoons rosemary leaves**, discarding stems. Add **rosemary, 1 tablespoon oil, ¾ teaspoon salt**, and **a few grinds of pepper** to bowl with lemon juice, whisking to combine. Add **chicken**, turning to coat; let marinate until step 3.



4. Start cooking grains

Heat same skillet over medium; add **half of the chopped garlic** and cook; stirring until fragrant, about 30 seconds. Add **grain blend, broth mixture**, and **any reserved marinade**, scraping up any browned bits from bottom of skillet. Bring to a boil; then reduce heat to low. Cover and simmer until liquid is nearly absorbed, 7-10 minutes.



2. Prep ingredients

Pick and finely chop **mint leaves**, discarding stems. Add chopped mint to bowl with **lemon zest**. Finely chop **2 teaspoons garlic**. Trim ends from **green beans**. In a liquid measuring cup, whisk to combine **chicken broth concentrate** and **1 cup water**.



5. Cook green beans

Meanwhile, heat **1 tablespoon oil** in a second medium skillet over medium. Add **remaining chopped garlic** and cook, stirring until fragrant, about 30 seconds. Add **green beans** and season with **salt and pepper**. Add **2 tablespoons water** and cook, stirring occasionally, until green beans are tender and browned in spots, 4-5 minutes.



3. Cook gremolata & chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **half of the almonds** (save rest); cook until toasted, about 1 minute. Transfer to bowl with **mint and lemon zest**. Heat **1 tablespoon oil** in same skillet over medium-high. Remove **chicken** from marinade, reserving any marinade; cook until browned, but not cooked through, 2-3 minutes per side.



6. Finish chicken & serve

Return **chicken and any resting juices** back to skillet with **grains**. Cover and cook over medium heat until grains are tender, liquid is absorbed, and chicken is cooked through, 5-7 minutes. Serve **chicken and grains** with **green beans** alongside and **almond-herb gremolata** spooned over top. Pass **any lemon wedges** for squeezing. Enjoy!