



## Sautéed Chicken & Veggies

with Citrus Pan Sauce



20-30min



2 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 turkey 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

- 3 oz white quinoa
- ½ lb asparagus
- 1 zucchini
- 3 oz shallot
- ¼ oz fresh tarragon
- 1 lemon
- 1 pkt turkey broth concentrate
- 12 oz boneless, skinless chicken breasts

### What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>

### Tools

- small saucepan
- microplane or grater
- medium skillet
- meat mallet (or heavy skillet)

### Allergens

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

### Nutrition per serving

Calories 610kcal, Fat 28g, Carbs 41g, Protein 50g



#### 1. Make quinoa

In a small saucepan, combine **quinoa**, **¾ cups water**, and **½ 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.



#### 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. Finely chop **2 tablespoons shallot**. Pick and coarsely chop **1 tablespoon tarragon leaves**; discard stems.



#### 3. Prep sauce

Finely grate **¼ teaspoon lemon zest** and set aside for step 4. Squeeze **1 tablespoon lemon juice** into a small bowl. Add **turkey broth concentrate** and **½ cup water** to lemon juice; whisk to combine. Set sauce mixture aside for step 6.



#### 4. Sauté vegetables

Heat **1 tablespoon oil** in a medium 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.



#### 5. Sauté chicken

Pat **chicken** dry; use a meat mallet or heavy skillet to pound to ½-inch thickness. Season all over with **salt and pepper**. Heat **1 teaspoon 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 teaspoon oil** in same skillet.



#### 6. Make pan sauce & serve

Add **shallots** to skillet and cook over medium, about 2 minutes. Add **sauce mixture**; simmer until reduced to ¼ cup, about 5 minutes. Add **2 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 **vegetables** alongside. Enjoy!