



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 pkg boneless, skinless chicken breasts
- ¼ oz fresh mint
- garlic
- ½ lb green beans
- 1 pkt chicken broth concentrate
- 1 oz sliced almonds ¹⁵
- 4 oz Italian 5-grain blend ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- 2 medium skillet

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 770kcal, Fat 42g, Carbs 55g, Protein 50g



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 for own use); 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 remaining 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!