



Customize with Chicken Breast

Lemon-Garlic Chicken with Baby Spinach



20-30min



2 Servings

| This version of the recipe is customized with chicken breasts.

What we send

- 1 lemon
- 3 oz baby spinach
- ¼ oz fresh parsley
- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate

What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour¹
- garlic

Tools

- microplane or grater
- small saucepan
- large skillet

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 24g, Carbs 66g, Protein 46g



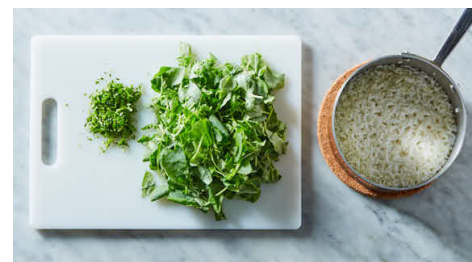
1. Prep ingredients

Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice** into a small bowl, keeping them separate. Finely chop **1 teaspoon garlic**. Coarsely chop **spinach**. Pick **1 tablespoon whole parsley leaves** from **stems**; reserve for step 6. Finely chop remaining parsley leaves and stems together.



4. Brown chicken

Heat **1½ tablespoons oil** in a large skillet over high. Transfer **chicken** to skillet, then reduce heat to medium-high. Cook until golden brown on both sides, 3–4 minutes. Transfer chicken to a plate.



2. Cook rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and cook, stirring, until fragrant, 1 minute. Add **1¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Add **spinach** and **chopped parsley** to saucepan. Remove from heat and keep covered.



5. Make pan sauce

Add **lemon zest, chopped garlic**, and **1 tablespoon oil** to the skillet. Cook, stirring, until fragrant, about 30 seconds. Whisk in **lemon juice, chicken broth concentrate**, and **1¼ cups water**. Return **chicken and any juices** to skillet. Bring liquid to a boil, then cover. Reduce heat to medium; braise until chicken is cooked through, about 6 minutes. Transfer chicken to a plate.



3. Season chicken

Pat **chicken** dry, then toss to coat with **1 tablespoon flour** and season with **salt** and **pepper**.



6. Finish & serve

Bring liquid in skillet back to a boil, then whisk in **1 teaspoon flour**. Cook, whisking, until sauce coats the back of a spoon, 1–2 minutes. Return **chicken** to skillet, turning to coat in sauce. Season sauce with **salt** and **pepper**. Stir **spinach** and **parsley** into **rice**. Serve **chicken** with **sauce**, and **rice**; garnish with **remaining whole parsley**. Enjoy!