



Lemon-Caper Chicken & Parmesan Polenta

with Rosemary & Garlic Roasted Green Beans

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



30-40min



2 Servings

What we send

- ¼ oz fresh chives
- ¼ oz fresh rosemary
- 1 lemon
- ¾ oz Parmesan ⁷
- 3 oz quick-cooking polenta
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- ½ lb green beans
- 1 oz capers ¹²

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil
- butter ⁷
- garlic

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 34g, Carbs 49g, Protein 52g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Finely chop **1 tablespoon chives** (save rest for own use). Finely chop **½ teaspoon rosemary leaves**, discarding stems. Finely chop **1 teaspoon garlic**. Squeeze **1 tablespoon lemon juice** into a liquid measuring cup; cut any remaining lemon into wedges. Finely grate **Parmesan**.



4. Roast green beans

Trim ends from **green beans**. Toss on a rimmed baking sheet with **chopped rosemary and garlic** and **1 tablespoon oil**; season with **salt** and **pepper**. Bake on center oven rack until tender and browned in spots, 8-9 minutes (watch closely as ovens vary).



2. Cook polenta

In a medium saucepan, bring **2¾ cups water** and **1 teaspoon salt** to a boil. Gradually whisk in **polenta** and return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Remove from heat and keep covered until ready to serve.



5. Cook chicken & make sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Working in batches if necessary, add **chicken** (should sizzle); cook until lightly browned, 3-4 minutes per side. Transfer to a plate. Melt **1 tablespoon butter** over medium-high. Whisk in **½ tablespoon flour**, then add **broth**; cook, whisking, until sauce is thickened, 2-3 minutes. Stir in **capers**; season to taste.



3. Prep chicken & broth

Meanwhile, pat **chicken** dry and pound to an even ½-inch thickness. In a shallow bowl, combine **3 tablespoons flour**, **½ teaspoon salt**, and **a few grinds of pepper**. Press chicken into flour mixture, turning to coat both sides; tap off any excess flour. To measuring cup with **lemon juice**, stir in **broth concentrate** and **½ cup water**. Set aside chicken and broth until step 5.



6. Finish polenta & serve

Stir **Parmesan**, **half of the chopped chives**, and **1 tablespoon butter** into **polenta** until butter is melted (if too thick, add 1-2 tablespoons warm water at a time, as needed). Season to taste with **salt**. Serve **chicken** with **lemon-caper sauce** spooned over top. Sprinkle **remaining chives** over **polenta**. Pass any **lemon wedges** for squeezing over, if desired. Enjoy!