



Honey-Lemon Chicken

with Farro & Fennel Salad



30-40min



2 Servings

Fresh fennel, crisp cucumbers, roasted red peppers, scallions, and hearty farro come together in a lemony-mint dressing for a dish that brings summery vibes to the plate. Making the salad the day before allows the farro to really absorb the dressing, and saves some work at dinnertime!

What we send

- 4 oz farro ¹
- 1 lemon
- 2 scallions
- ¼ oz fresh mint
- 2 (¾ oz) Parmesan ⁷
- ½ oz honey
- 12 oz pkg boneless, skinless chicken breasts
- 1 bulb fennel
- 2 oz roasted red peppers
- 1 cucumber

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- box grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 860kcal, Fat 48g, Carbs 58g, Protein 51g



1. Cook farro

Bring a small saucepan of **salted water** to a boil. Add **2/3 cup farro** and cook, stirring occasionally, until tender, 12-15 minutes. Drain well in a fine-mesh sieve. Reserve for step 6.



2. Prep ingredients

Meanwhile, finely grate **1 teaspoon lemon zest** and squeeze **3 tablespoons juice** into a medium bowl.

Trim ends from **scallions** and thinly slice, keeping dark greens separate. Pick **mint leaves** from stems and finely chop, discarding stems.

Coarsely grate **Parmesan** on the large holes of a box grater.



3. Marinate chicken

To bowl with **lemon zest and juice**, whisk in **honey, scallion whites and light greens, ¼ cup oil, ½ teaspoon salt**, and **a few grinds of pepper**. Transfer **⅓ cup of the dressing** to a large bowl and set aside for step 4.

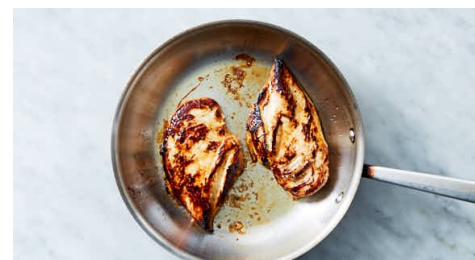
Pat **chicken** dry and pound to ¼-inch thickness, if necessary. Add to remaining dressing and let marinate.



4. Prep salad

Trim end from **fennel**; cut into quarters lengthwise, then thinly slice 1 cup. Chop **roasted red peppers**, if necessary. Halve **cucumber** lengthwise and scoop out seeds, then thinly slice into half-moons.

To bowl with **reserved dressing**, add **1 tablespoon oil** and **mint**. Set aside **1 tablespoon dressing** for step 6. Add fennel, peppers, and cucumbers; toss to coat.



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 2-3 minutes per side.



6. Finish salad & serve

To bowl with **dressed vegetables**, add **farro, Parmesan, half of the scallion dark greens**, and **1 tablespoon oil**; stir to combine. Season to taste with **salt** and **pepper**.

Serve **chicken** over **farro and fennel salad**. Top with **remaining scallion dark greens** and **reserved dressing**. Enjoy!