





Honey-Lemon Chicken with Quinoa & Fennel Salad

 30-40min  2 Servings

Fresh fennel, crisp cucumbers, roasted red peppers, scallions, and hearty quinoa 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 quinoa to really absorb the dressing, and saves some work at dinnertime!

What we send

- 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
- 3 oz white quinoa

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- box grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 820kcal, Fat 50g, Carbs 46g, Protein 50g



1. QUINOA VARIATION

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



4. Prep salad

Trim end from **fennel**; cut into quarters lengthwise and thinly slice 1 cup crosswise. Coarsely chop **roasted red peppers**, if necessary. Halve **cucumber** lengthwise (peel if desired); 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 combine.

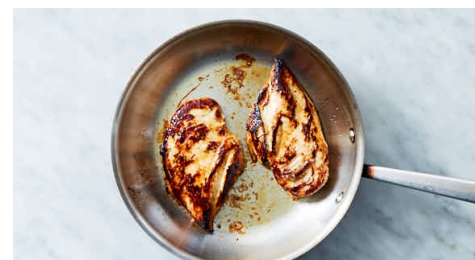


2. Prep ingredients

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.



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.



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.



6. Finish salad & serve

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

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