



Easy Prep! Chicken Provençal

with Tomatoes & Zucchini



20-30min



2 Servings

The clean, classic flavors of Provençal-style dishes are timeless. In this example, chicken is roasted alongside zucchini, grape tomatoes, red onion, and briny Kalamata olives. We serve the tasty chicken pan-roast with a squeeze of lemon and a few tarragon leaves for a bright, fresh finish.

What we send

- 1 red onion
- 1 zucchini
- 1 lemon
- 1 pkg grape tomatoes
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz Kalamata olives
- ¼ oz fresh tarragon

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 390kcal, Fat 13g, Carbs 26g, Protein 44g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve and cut **all of the onion** into ½-inch thick wedges through the root end. Trim ends from **zucchini**, then halve lengthwise and cut into ½-inch thick half-moons. Finely grate ¼ **teaspoon lemon zest** into a small bowl, then cut lemon into quarters.



4. Roast chicken

Transfer **remaining chopped garlic** to baking sheet, then stir with **vegetables** to combine. Transfer **chicken** to the baking sheet, then spread **lemon-garlic oil** over top. Roast on upper oven rack until chicken is cooked through, about 8 minutes.



2. Roast vegetables

Transfer **onions, zucchini, grape tomatoes**, and **2 of the lemon quarters** to a rimmed baking sheet (save remaining lemon for your own use); toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until vegetables just tender, 10-12 minutes.



5. Prep tarragon & olives

Meanwhile, coarsely chop **olives**, removing any pits, if necessary. Pick and coarsely chop **tarragon leaves**, discarding stems.



3. CHICKEN VARIATION

Finely chop **1 teaspoon garlic**. Pat **chicken** dry; season with **salt** and **pepper**. Into the small bowl with **lemon zest**, add **half of the chopped garlic** and **1 teaspoon oil**, and stir to combine. Season with a **pinch each of salt and pepper**.



6. Finish & serve

Transfer **olives** and **tarragon** to the baking sheet, stirring to combine with the vegetables. Using tongs, squeeze the **roasted lemon wedges** over the vegetables; season to taste with **salt** and **pepper**. Drizzle **chicken and vegetables** with a little **olive oil**, and serve. Enjoy!