



Fast! Skillet Provençal Chicken

with Blistered Tomatoes & Capers



ca. 20min



2 Servings

Is a 20-minute, one-skillet meal too good to be true? No, it's what we all deserve! This is French cooking made easy. We channel the Provençal flavors we love into a sweet corn and fresh tomato sauté with tender quick-cooking chicken breast, briny capers, and fresh tarragon (the "king" of French herbs).

What we send

- 1 shallot
- ¼ oz fresh tarragon
- ¼ oz fresh parsley
- 1 pkt Dijon mustard ¹⁷
- 1 oz capers ¹⁷
- 1 pkg grape tomatoes
- 5 oz corn
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- kosher salt & ground pepper

Tools

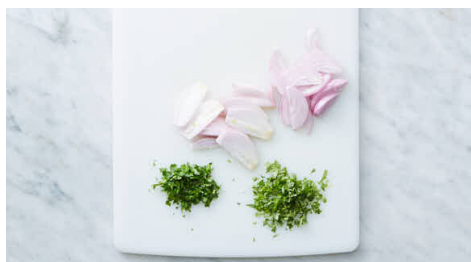
- large skillet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 30g, Carbs 31g, Protein 44g



1. Prep ingredients

Halve and thinly slice **¾ cup shallot** (save rest for own use). Pick **tarragon and parsley leaves** from stems; discard stems. Reserve a few whole leaves for step 5, then coarsely chop remaining herbs together.



2. Prep dressing

In a medium bowl, whisk to combine **Dijon mustard, chopped tarragon and parsley, 2 tablespoons oil, 1 tablespoon vinegar, and a pinch of sugar**. Stir in **half of the capers** and season to taste with **salt and pepper**.



3. CHICKEN VARIATION

Pat **chicken** dry, then season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to bowl with **dressing** and turn to coat. Set aside to marinate until step 5.



4. Sauté shallot & tomatoes

Heat **1 tablespoon oil** in same skillet over medium-high. Add **shallot and tomatoes**; season with **salt and pepper**. Cook, stirring occasionally, until tomatoes are lightly browned in spots, 2-3 minutes.

Stir in **corn, remaining capers** and **¼ cup water**. Cook, scraping up any browned bits from the bottom, about 2 minutes. Season to taste with **salt and pepper**.



5. Plate

Spoon **corn, tomatoes, shallot** and **capers** onto plates. Place **chicken** on top and spoon **any remaining dressing** over. Garnish with **reserved whole tarragon and parsley leaves**.



6. Serve

Enjoy!