



## 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 <sup>1</sup>
- 1 lemon
- 2 scallions
- ¼ oz fresh mint
- 2 (¾ oz) Parmesan <sup>7</sup>
- 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 **farro** and cook, stirring occasionally, until tender, 18-20 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.

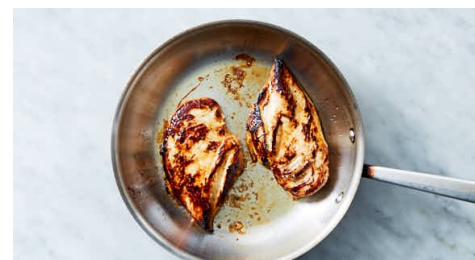
Pat **chicken** dry and pound to ¼-inch thickness, if necessary. Add to remaining dressing and let marinate.



### 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!