



Seared Herbs de Provence Chicken

with Creamy Pesto White Beans



ca. 20min



2 Servings

This quick recipe knows how to make the most of a few flavorful ingredients. We season the chicken with a Dijon dressing and herbs de Provence, a uniquely woody, aromatic blend that will transport you to the French countryside. Served with white beans and spinach flavored with herby basil pesto, this dish is as comforting as it is easy to make.

What we send

- 1 shallot
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz herbs de Provence
- 15 oz can cannellini beans
- 3 oz baby spinach
- 2 oz basil pesto ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium saucepan
- medium nonstick skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 40g, Carbs 37g, Protein 54g



1. Prep ingredients

Finely chop **half of the shallot** (save rest for own use). Zest **half of the lemon** and squeeze **3 teaspoons juice**, keeping separate. Cut remaining lemon into wedges and set aside for serving.

In a small bowl, whisk to combine **Dijon mustard, 2 tablespoons oil, 2 teaspoons of the lemon juice**, and a **pinch each of salt and pepper**.



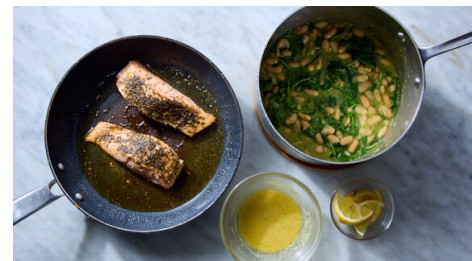
4. Finish beans

To saucepan with **beans**, add **spinach** in batches; cook until wilted. Add **pesto, lemon zest**, and **remaining 1 teaspoon lemon juice**. Season to taste with **salt and pepper**. Reduce heat to low while **chicken** cooks.



2. Prep chicken

Pat **chicken** dry and season with **salt and pepper**. Evenly spread **½ teaspoon Dijon dressing** over each chicken breast. Sprinkle **herbs de Provence** over top.



5. Cook chicken & serve

Heat **1½ tablespoons oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

Serve **chicken** over **beans** and drizzle with **remaining Dijon dressing**. Serve **lemon wedges** alongside. Enjoy!



3. Start beans

Heat **2 teaspoons oil** in a medium saucepan over medium. Add **shallots** and cook until softened, 5-7 minutes. Add **beans and their liquid**; bring to a simmer. Cook, stirring occasionally, until liquid is reduced by half, 5-7 minutes.



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