



Seared Chicken with Herb Compound Butter

with Warm Lentil & Carrot Salad



20-30min



2 Servings

This isn't just any ordinary chicken and salad combo. We're topping juicy chicken breast with a compound butter flavored by herbs de Provence, a fragrant, woodsy all-purpose spice blend that will instantly transport you to the south of France. Alongside is a warm lentil, spinach, and carrot salad tossed in a lemony Dijon dressing. No need to book a trip to France when you can enjoy its flavors right at home.

What we send

- 1 carrot
- 1 lemon
- garlic
- ¼ oz herbs de Provence
- 3 oz French green lentils
- 1 pkt Dijon mustard ¹⁷
- 5 oz baby spinach
- 12 oz pkg boneless, skinless chicken breasts

What you need

- butter ⁷
- 4 Tbsp olive oil
- sugar
- kosher salt & ground pepper

Tools

- microplane or grater
- medium saucepan
- fine-mesh sieve
- medium 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 42g, Carbs 29g, Protein 53g



1. Prep ingredients

Quarter **carrots** lengthwise, then cut into ½-inch pieces.

Zest **half of the lemon** and squeeze **1 tablespoon juice** into a medium bowl; cut remaining lemon into wedges. Finely grate **1 teaspoon garlic**.

In a 2nd medium bowl, mix to combine **2 tablespoons softened butter** with **1 teaspoon Herbs de Provence**.



4. Sear chicken

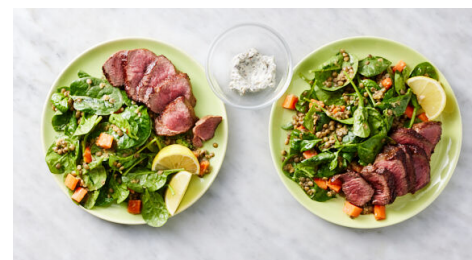
Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium 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.



2. Cook lentils

In a medium saucepan, combine **lentils** and enough **water** to cover by 2 inches. Cover and bring to boil. Uncover and cook over medium heat until lentils are almost tender, 8-10 minutes. Add **carrots** and cook until just tender, 2-4 minutes more. Rinse under cold water and drain well.



5. Finish & serve

Top **chicken** with **compound butter** and serve with **lentil salad** and **lemon wedges** alongside. Enjoy!



3. Make lentil salad

To bowl with **lemon juice and zest**, whisk to combine **Dijon mustard, grated garlic, 3 tablespoons oil**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**. Add **spinach, lentils**, and **carrots**; toss until evenly coated. Season to taste with **salt** and **pepper**.



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