

# MARLEY SPOON



## Crispy Lemon-Butter Chicken

with Arugula, Radicchio & Frizzled Shallots



30-40min



2 Servings

This recipe highlights a winner #smartcooking move: crisp some shallot rounds in olive oil and reserve the shallot oil for a salad dressing turned up a notch. And there's a lot more to love here, from the tender chicken breasts basted in an addictive butter-lemon sauce to a nutritious radicchio and arugula salad. Oh, and those crunchy shallots scattered on top.



## What we send

- 1 shallot
- 12 oz pkg boneless, skinless chicken breasts
- 1 lemon
- 2 (¼ oz) Dijon mustard
- 1 head radicchio
- 1 bag arugula
- ¾ oz Parmesan <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- ¼ c all-purpose flour (or gluten-free alternative)
- butter <sup>1</sup>
- red wine vinegar

## Tools

- small skillet
- meat mallet (or heavy skillet)
- large skillet
- microplane or grater

## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 640kcal, Fat 39g, Carbs 28g, Protein 50g



### 1. Cook shallots

Trim ends from **shallot**, then thinly slice into rounds. Heat **¼ cup oil** in a small skillet over medium. Add shallot rounds and cook until golden brown, 8-10 minutes. Use a slotted spoon to remove shallots and transfer to a paper towel. Sprinkle with **salt**. Reserve **shallot oil**.



### 4. Make salad

Whisk together **reserved shallot oil**, **3 ½ tablespoons red wine vinegar**, **Dijon mustard**, and **half of the lemon juice**; season to taste with **salt** and **pepper**. Cut **radicchio** into quarters, remove the core, then roughly chop. Toss radicchio with the **vinaigrette**.



### 2. Pound chicken

Meanwhile, place each **chicken breast** between two pieces of plastic wrap. Using a meat mallet or a heavy skillet, pound each to ¼-inch thickness. Juice the **lemon**.



### 5. Cook chicken

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chicken breasts** and cook until golden brown, 2-3 minutes. Flip and cook 1-2 minutes more, or until cooked through. Add **1 tablespoon butter** and **remaining lemon juice**; cook until sauce thickens and coats chicken, about 1 minute.



### 3. Coat chicken

Add **¼ cup flour** and **1 teaspoon salt** to a shallow dish and stir to combine. Coat each **chicken breast** in flour mixture, shaking off any excess.



### 6. Finish & serve

Finely grate **Parmesan**, if necessary. Toss **arugula** with **radicchio**. Serve **chicken** topped with **salad**. Sprinkle **Parmesan** over **salad** and top with **crispy shallots**. Enjoy!