

# DINNERLY



## Tuscan Chicken & Lemony Kale with Sun-Dried Tomato Farro & Pesto



30min



2 Servings

Level up your dinner menu with this premiYUM recipe! Since when did you become a Tuscanite? Oh, our bad, you're just eating like one! Here's a trick known as a reverse marinade: adding chicken to the marinade after cooking lets it really soak up the flavors of our Tuscan spice blend. And how about these sides? Cook some lemony kale and toss pesto, Parm, and sun-dried tomatoes into hearty farro. We've got you covered!

## WHAT WE SEND

- 1 bunch Tuscan kale
- 1 lemon
- 2 oz sun-dried tomatoes <sup>17</sup>
- ¾ oz Parmesan <sup>7</sup>
- ¼ oz Tuscan spice blend
- 10 oz pkg boneless, skinless chicken breast
- 10 oz ready to heat farro <sup>1</sup>
- 2 oz basil pesto <sup>7</sup>

## WHAT YOU NEED

- 5 Tbsp olive oil
- a pinch of sugar
- kosher salt & ground pepper

## TOOLS

- microplane or grater
- medium skillet
- microwave

## ALLERGENS

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 980kcal, Fat 52g, Carbs 80g, Protein 58g



### 1. Prep ingredients

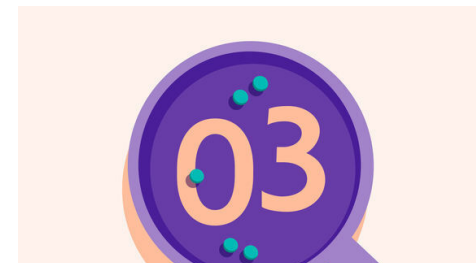
Remove **kale leaves** from tough stems; discard stems. Cut leaves into ½-inch wide ribbons. Grate ½ **teaspoon lemon zest**; cut lemon into 8 wedges. Coarsely chop **sun-dried tomatoes**.

Using a vegetable peeler, shave **Parmesan** into strips.



### 2. Prep marinade

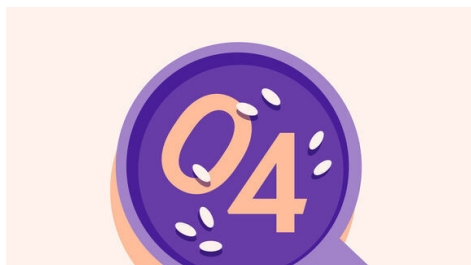
In a shallow bowl, combine **lemon zest**, **juice from 2 lemon wedges**, **2 teaspoons Tuscan spice**, **3 tablespoons oil**, and a **pinch of sugar**. Season with **salt** and **pepper**.



### 3. Cook & marinate chicken

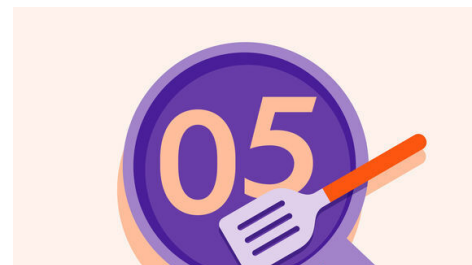
Pat **chicken** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add chicken; cook until browned and cooked through, 3–4 minutes per side. Transfer to bowl with **Tuscan spice marinade** and toss to coat. Let rest in marinade until ready to serve.



### 4. Cook kale

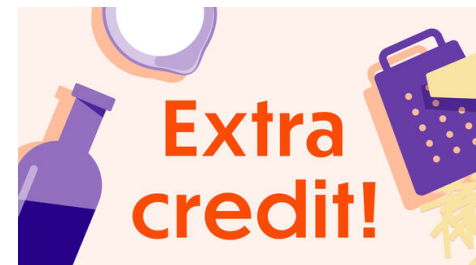
Heat **1 tablespoon oil** in same skillet over medium-high. Add **kale** in batches; cook, stirring, until wilted, 1–3 minutes (if skillet is dry, add 1–2 tablespoons water at a time). Stir in **juice from 1 lemon wedge** and **remaining Tuscan spice**. Season to taste with **salt** and **pepper**.



### 5. Cook farro & serve

In a medium bowl, microwave **farro**, **sun-dried tomatoes**, and **half of the pesto** until warmed through, about 2 minutes. Season to taste with **salt** and **pepper**. Toss with **Parmesan**.

Spoon **marinade** over **Tuscan chicken** and drizzle **remaining pesto** over **farro**. Serve with **kale** and **remaining lemon wedges**. Enjoy!



### 6. Pro tip!

Here's a quick way to strip kale leaves from the stems: Hold the end of the stem in one hand and squeeze your other hand or a few fingers around the base of the leaf. Pull your hand up the stem to tear the leaf off.