



Lemon-Rosemary Chicken & Farro

with Almond-Herb Gremolata & Green Beans



30-40min



2 Servings

Gremolata is an Italian condiment made from combining finely chopped herbs and citrus. Traditionally made with parsley and lemon, this rosemary chicken dish swaps in mint to add a fresh flavor, and toasted almonds add the perfect nutty crunch.

What we send

- ¼ oz fresh rosemary
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh mint
- garlic
- ½ lb green beans
- 1 pkt chicken broth concentrate
- 1 oz sliced almonds ¹
- 4 oz farro ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- 2 medium skillet

Allergens

Tree Nuts (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 43g, Carbs 48g, Protein 51g



1. Marinate chicken

Pick and finely chop **2 teaspoons rosemary leaves**. Finely grate **1 teaspoon lemon zest** into a small bowl.

Separately squeeze **1 tablespoon lemon juice** into a medium bowl. Add **rosemary, 1 tablespoon oil, ¾ teaspoon salt, and a few grinds of pepper**, whisking to combine. Add **chicken**, turning to coat; let marinate until step 3.

Cut remaining lemon into wedges.



4. Start farro

Heat same skillet over medium. Add **half of the chopped garlic** and cook, stirring until fragrant, about 30 seconds. Add **farro, broth mixture, and any reserved marinade**, scraping up any browned bits from bottom of skillet. Bring to a boil, then reduce heat to low. Cover and simmer until liquid is nearly absorbed, 7-10 minutes.



2. Prep ingredients

Pick and finely chop **mint leaves**, discarding stems. Add to bowl with **lemon zest**.

Finely chop **2 teaspoons garlic**. Trim ends from **green beans**.

In a liquid measuring cup, whisk to combine **broth concentrate** and **1 cup water**.



5. Cook green beans

Meanwhile, heat **1 tablespoon oil** in a second medium skillet over medium. Add **remaining chopped garlic** and cook, stirring until fragrant, about 30 seconds. Add **green beans** and season with **salt and pepper**. Add **2 tablespoons water** and cook, stirring occasionally, until tender and browned in spots, 4-5 minutes.



3. Cook gremolata & chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **half of the almonds** (save rest for own use); cook until toasted, 1 minute. Transfer to bowl with **mint and lemon zest**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken**, reserving any remaining marinade in bowl. Cook until browned but not cooked through, 2-3 minutes per side. Transfer to a plate.



6. Finish chicken & serve

Return **chicken and any resting juices** to skillet with **farro**. Cover and cook over medium heat until farro is tender, liquid is absorbed, and chicken is cooked through, 5-7 minutes.

Serve **chicken and farro** with **almond-herb gremolata** over top and with **green beans and lemon wedges** alongside. Enjoy!