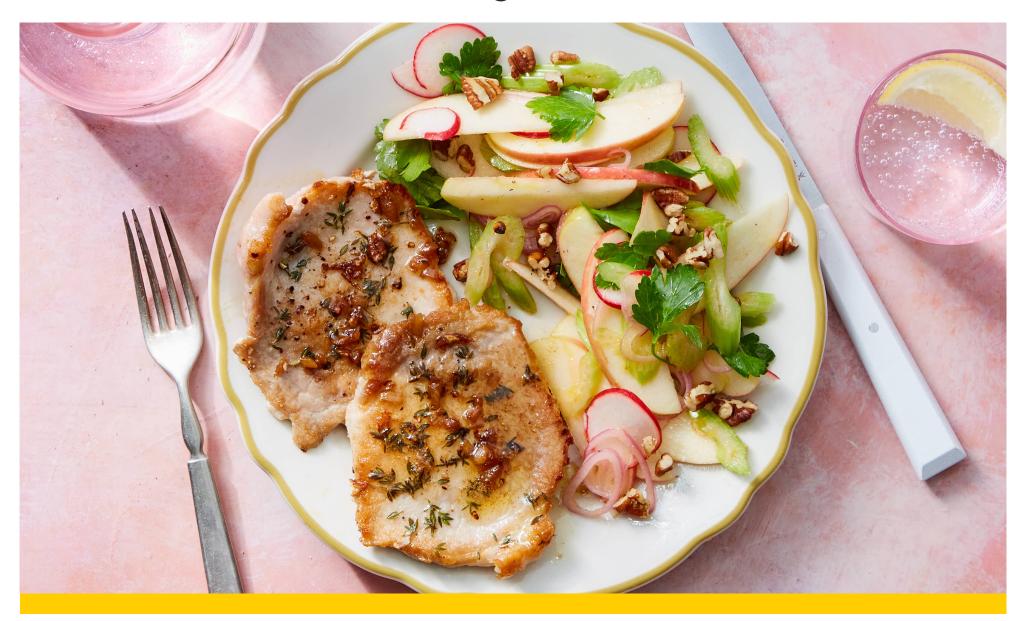
# MARLEY SPOON



# **Pan-Seared Chicken Breast**

with Celery-Apple Salad & Toasted Pecans





An easy way to take your home-cooked meal from just okay to restaurantworthy is with a pan sauce. Here, we pan sear chicken breast till juicy then use the fond (the precious browned bits left in the skillet) to make a luscious sauce. Add sweet shallots, fresh thyme, a splash of vinegar, and a pat of butter, and, eureka! You've got liquid gold.

#### What we send

- 1/4 oz fresh thyme
- 12 oz pkg boneless, skinless chicken breasts
- 1 shallot
- 2 oz celery
- 1 apple
- 1 radish
- ¼ oz fresh parsley
- 1 lemon
- 1 oz pecans 15

# What you need

- kosher salt & ground pepper
- olive oil
- sugar
- apple cider vinegar (or red wine vinegar)
- butter <sup>7</sup>

#### **Tools**

- microplane or grater
- medium skillet

#### **Allergens**

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 680kcal, Fat 48g, Carbs 28g, Protein 42g



# 1. Prep chicken

Pick **1 teaspoon thyme leaves**; reserve 2 sprigs for step 5. Pat **chicken** dry. Press thyme leaves into both sides of chicken and season with **salt** and **pepper**. Let sit until step 4.



# 2. Prep salad

Thinly slice ¼ cup shallot; finely chop 1 tablespoon shallot. Thinly slice celery on an angle. Quarter, core, and thinly slice apple. Thinly slice radish. Pick parsley leaves from stems. Into a medium bowl, grate ¼ teaspoon lemon zest and squeeze 1 tablespoon juice; whisk in 2 tablespoons oil and a pinch each of salt, pepper, and sugar. Add sliced shallots.



# 3. Toast pecans

Coarsely chop **pecans**. Heat **1 teaspoon oil** in a medium skillet over medium-high heat. Add pecans and cook, stirring, until lightly browned, 2–3 minutes. Transfer to a plate and sprinkle with **salt**. Wipe out skillet.



#### 4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add **chicken** and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a plate to rest, 5 minutes. Reserve skillet.



### 5. Make pan sauce

Heat 1 tablespoon oil in same skillet over medium. Add chopped shallots and 2 thyme sprigs; cook, stirring, until shallot is golden, 1 minute. Add 2 tablespoons each of water and vinegar, scraping up browned bits. Add 1 tablespoon butter; cook, stirring, until butter is melted and sauce is thickened, about 2 minutes. Stir in any chicken resting juices; discard thyme.



6. Finish salad & serve

To bowl with lemon dressing, add apple, celery, radish, and parsley leaves; toss to combine. Season with salt and pepper. Serve salad topped with toasted pecans alongside chicken.

Spoon pan sauce over chicken. Enjoy!