



Broiled Sicilian Lemon Chicken

with Asparagus & Arborio Rice



30-40min



2 Servings

Arborio is a type of short-grained rice, prized for its decadently starchy texture and pearly white appearance—it's the star ingredient in risotto! This hearty grain is the perfect companion to chicken thighs and crisp asparagus brought to life with a lemony herb sauce featuring capers and fresh oregano.

What we send

- 12 oz pkg boneless, skinless chicken thighs
- 5 oz arborio rice
- 1 lemon
- garlic
- 1 oz capers ¹⁷
- ¼ oz fresh oregano
- 1 pkt crushed red pepper
- ½ lb asparagus

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- rimmed baking sheet
- fine-mesh sieve
- microplane or grater

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 30g, Carbs 64g, Protein 43g



1. Prep chicken

Bring a medium pot of **salted water** to a boil. Preheat broiler with a rack in the center position. Pat **chicken** dry and trim any excess fat, if necessary.

On a rimmed baking sheet, toss **chicken** with **1 tablespoon oil** and season with **salt** and **pepper**. Arrange chicken in an even layer.



4. Make lemon-herb sauce

Into a small bowl, grate **½ teaspoon lemon zest** and squeeze **1 tablespoon lemon juice**. Finely chop **½ teaspoon garlic**. Coarsely chop **capers**. Finely chop **2 teaspoons oregano leaves**.

To bowl with lemon zest and juice, add chopped oregano, capers, garlic, **¼ teaspoon of the crushed red pepper**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



2. Broil chicken

Broil **chicken** on center oven rack until browned and cooked through, 10-12 minutes (watch closely as broilers vary).



5. Broil asparagus

Trim bottom 2 inches from **asparagus**. Transfer **cooked chicken** to plates. Place asparagus on same baking sheet and toss to coat with **any remaining chicken fat** from sheet; season with **salt** and **pepper**. Broil on center oven rack until bright green and crisp-tender, about 3 minutes (watch closely, as broilers vary).



3. Boil rice

While **chicken** broils, add **rice** to pot with **boiling water** and cook, like pasta, stirring occasionally to prevent sticking, until just tender, 13-14 minutes. Drain rice, then return to pot and cover to keep warm until ready to serve.



6. Serve

Serve **chicken** over **rice**, with **lemon-herb sauce** drizzled over top, and **asparagus** alongside. Enjoy!