

DINNERLY



Lemon-Tarragon Chicken & Creamy Polenta

with Asparagus



30-40min



2 Servings

Sure this may look like your typical meat + starch + veg, but don't let appearances fool you! This plate of lean chicken breast, broiled asparagus, and creamy polenta gets taken to the next level by our secret flavor weapon. Dijon, chicken broth concentrate, and lemon zest and juice join forces with the most underrated yet truly magical herb—our dear friend tarragon—to bring you the dreamiest pan sauce. We've got you covered!

WHAT WE SEND

- ½ lb asparagus
- ¼ oz fresh tarragon
- 1 lemon
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt chicken broth concentrate
- 3 oz quick-cooking polenta
- 1 pkt Dijon mustard
- ¼ oz granulated garlic

WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour¹
- 4 tablespoons unsalted butter²
- neutral oil

TOOLS

- microplane or grater
- meat mallet (or heavy skillet)
- medium saucepan
- rimmed baking sheet
- medium skillet

ALLERGENS

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

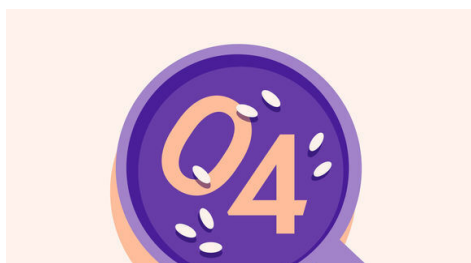
NUTRITION PER SERVING

Calories 730kcal, Fat 42g, Carbs 46g, Protein 44g



1. Prep ingredients

Trim tough, woody ends from **asparagus**. Pick and finely chop **1 teaspoon tarragon leaves**; discard stems. Zest **half of the lemon** and squeeze **1 tablespoon juice**. Pat **chicken** dry; pound to ½-inch thickness and season all over with **salt** and **pepper**. Spread **¼ cup flour** in a shallow dish. Dredge both sides of chicken, shaking off excess.



4. Cook chicken & sauce

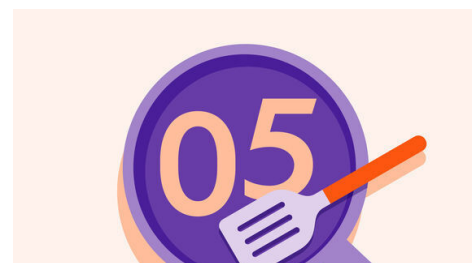
Add **chicken** to skillet and cook until golden-brown and cooked through, 2–3 minutes per side. Transfer to a plate.

Add **Dijon**, **remaining broth concentrate**, **lemon zest and juice**, **¼ teaspoon granulated garlic**, and **½ cup water** to **remaining oil** in skillet. Bring to a simmer over high heat, scraping up any browned bits from bottom of skillet.



2. Cook polenta

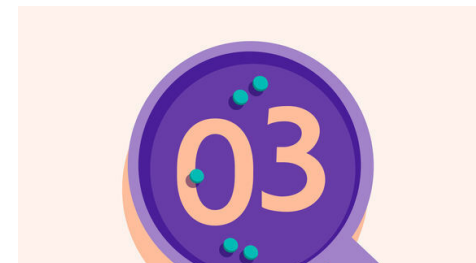
In a medium saucepan, bring **2¾ cups water** and **1 teaspoon each of broth concentrate and salt** to a boil. Slowly whisk in **polenta**; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, 8–10 minutes. Off heat, stir in **2 tablespoons butter**; season with **salt** and **pepper**. Keep covered until ready to serve.



5. Finish & serve

Cook until **sauce** is reduced by half, 2–3 minutes. Off heat, whisk in **tarragon** and **2 tablespoons butter** until sauce is creamy and fully combined. Return **chicken** to skillet and warm over medium heat, spooning sauce over to coat.

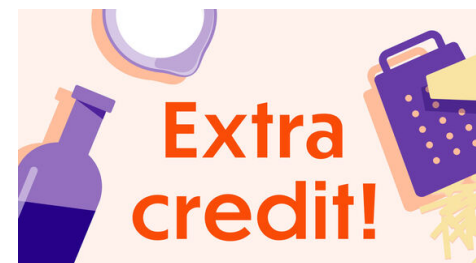
Warm **polenta** over medium heat (loosen with water if too thick). Serve **chicken** with **polenta**, **asparagus**, and **sauce**. Enjoy!



3. Cook asparagus

Preheat oven to broil with a rack 4 inches away from heating element. On a rimmed baking sheet, toss **asparagus** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on top rack until tender and charred in spots, shaking occasionally, 5–8 minutes (watch carefully as broilers vary). Set aside.

Heat **2 tablespoons oil** in a medium skillet over medium-high until smoking.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.