



Roasted Citrus Chicken & Broccoli

with Date-Herb Relish & Quinoa-Almond Pilaf



30-40min



2 Servings

Sweet and savory flavors shine brightest when they're combined, and this date-cilantro relish is proof! Aromatic cilantro is combined with sweet Medjool dates, freshly squeezed orange juice, and a splash of vinegar. The result is a no-cook, chutney-like relish that takes roasted chicken breast to new heights.

What we send

- garlic
- 1 oz salted almonds ¹
- 1 orange
- ½ lb broccoli
- 3 oz white quinoa
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh cilantro
- 2 oz diced dried dates

What you need

- olive oil
- kosher salt & ground pepper
- balsamic (or white wine vinegar)

Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 710kcal, Fat 37g, Carbs 48g, Protein 51g



1. Prep ingredients

Preheat oven to 425°F with a rack in center. Finely chop **1 teaspoon garlic**. Coarsely chop **almonds**. Finely grate **1½ teaspoons orange zest**, then separately squeeze **2 teaspoons juice** into a small bowl; cut any remaining orange into wedges. Cut **broccoli** into 1-inch florets, if necessary.



4. Roast chicken & broccoli

Roast on center oven rack until **chicken** reaches 165°F internally, **broccoli** is tender and browned in spots, and **oranges** are lightly browned, 15-18 minutes. Transfer chicken to a cutting board to rest for 5 minutes.



2. Cook quinoa

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **quinoa, almonds, and garlic**; cook, stirring, until quinoa is lightly toasted, 2-3 minutes. Add **1 cup water** and **½ teaspoon salt**; bring to a boil. Cover, reduce to low, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered until ready to serve.



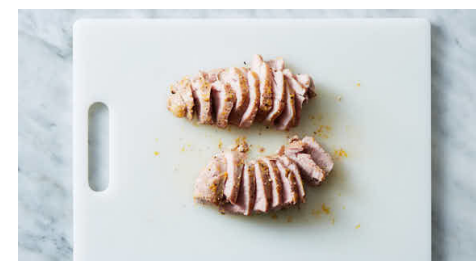
5. Make date-cilantro relish

Coarsely chop **cilantro leaves and stems** together. Cut **half of the dates** into small pieces, removing any pits if necessary (save rest for own use); add to bowl with **orange juice**, and toss to combine. Stir in **cilantro, 1½ tablespoons oil** and **1 teaspoon vinegar**. Season to taste with **salt and pepper**.



3. Prep chicken & broccoli

Lightly **oil** a rimmed baking sheet. Pat **chicken** dry and place on one side of baking sheet. Rub **orange zest** all over chicken and season all over with **salt** and **pepper**. Add **broccoli** to other side of baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**. Place **orange wedges** on baking sheet, cut side down.



6. Finish & serve

Thinly slice **chicken** crosswise. Fluff **quinoa** with a fork. Serve **chicken, broccoli, and quinoa**, with the **charred oranges** squeezed over **chicken** and **broccoli**, and **some of the date-cilantro relish** on top of the **chicken**. Pass **remaining relish** at the table. Enjoy!