

MARLEY SPOON



Pan-Seared Chicken Breast

with Celery-Apple Salad & Toasted Pecans



30min



2 Servings

An easy way to take your home-cooked meal from just okay to restaurant-worthy 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

- ¼ 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 ⁷

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



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

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.



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.



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.



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.



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.



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!