

DINNERLY



Springtime! Grilled Chicken Paillard with Roasted Radishes, Peas & Creamy Dijon



40-50min



2 Servings

Spring never tasted so good! Lean chicken breast is pounded thin to maximize surface area to grill with speed and ease. We top a bed of creamy Dijon dressing with the chicken and a roasted array of radishes and peas seasoned with a bright tarragon dressing. We've got you covered! (2-p serves 4; 4-p serves 8)

WHAT WE SEND

- 2 bags radishes
- ¼ oz fresh tarragon
- 1 lemon
- 10 oz peas
- 2 (10 oz) pkgs boneless, skinless chicken breast
- 3 (1 oz) sour cream ⁷
- ¼ oz Dijon mustard

WHAT YOU NEED

- garlic
- white wine vinegar (or apple cider vinegar) ¹⁷
- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- rimmed baking sheet
- grill, grill pan, or skillet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 360kcal, Fat 20g, Carbs 10g, Protein 36g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Trim **radishes** and cut in half (cut large radishes into quarters). Finely chop **2 teaspoons tarragon leaves**, discarding stems. Finely grate **½ teaspoon garlic**. Squeeze **2 teaspoons lemon juice**.

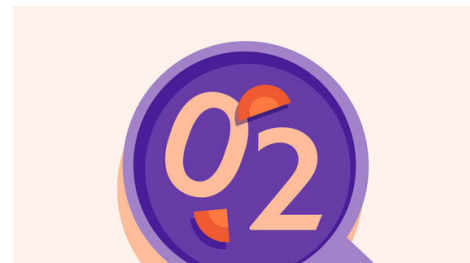
In a small bowl, combine **tarragon** with **1 tablespoon vinegar** and **1 teaspoon of the lemon juice**. Set aside to infuse.



4. Make dressings

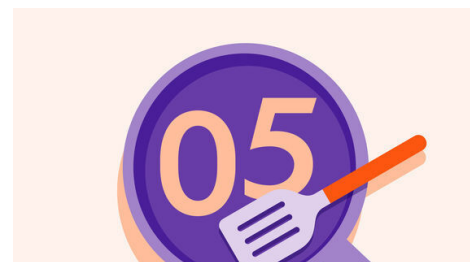
In a separate small bowl, stir to combine **Dijon**, **sour cream**, and **remaining lemon juice**. Season to taste with **salt** and **pepper** and thin out with **2 tablespoons water**.

To bowl with **tarragon**, add **garlic** and **2 tablespoons oil**. Drizzle **tarragon dressing** over **roasted radishes and peas** on baking sheet; toss to coat. Season to taste with **salt** and **pepper**.



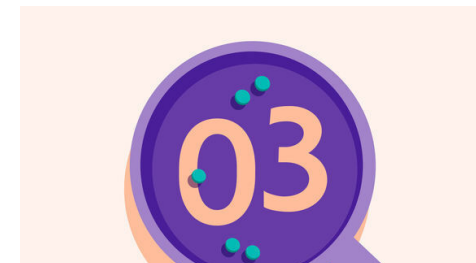
2. Roast veggies

Directly on a rimmed baking sheet, toss **radishes** with **2 tablespoons oil** and season with **salt** and **pepper**. Place cut side down and roast until browned, 12–15 minutes. Add **peas** to baking sheet and return to oven. Continue cooking until warmed through, 3–5 minutes more.



5. Finish & serve

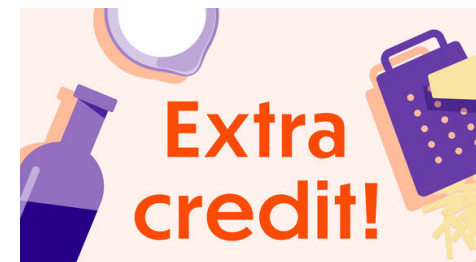
Spread **creamy Dijon dressing** on the bottom of plates. Top with **roasted veggies** and **grilled chicken**. Enjoy!



3. Cook chicken

Heat grill to high, if using. Pat **chicken** dry and pound to ¼-inch thickness, if desired. Season with **salt** and **pepper**. Drizzle both sides lightly with **oil**.

Heat a grill pan to high, if using. Working in batches if necessary, add **chicken** and grill until cooked through and charred on the outside, 2–4 minutes per side. Transfer to a plate to rest.



6. How do you say it?

Looks like paillard, sounds like pie-yar!