



## Pan-Roasted Chicken & Dill Pickle Vinaigrette

with Broccolini



20-30min



2 Servings

Love the snap and tang of dill pickles? Well, this plate is for you! We combine sweet honey, tangy Dijon mustard, and crunchy pickles in a quick-to-make homemade dressing. It's the perfect combination of flavor and texture for drizzling over pan-roasted chicken breasts and crisp broccolini.



## What we send

- 3¼ oz dill pickles
- 1 lemon
- ¼ oz fresh dill
- ½ lb broccolini
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt Dijon mustard <sup>2</sup>
- ½ oz honey
- 1 pkt crushed red pepper

## What you need

- neutral oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## Tools

- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 490kcal, Fat 30g, Carbs 16g, Protein 43g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Coarsely chop **half of the pickles** (enjoy rest as a snack!). Squeeze **1½ tablespoons lemon juice** into a small bowl; cut any remaining lemon into wedges. Coarsely chop **dill fronds and tender stems**. Trim ends **broccolini**.



### 4. Cook chicken

Pat **chicken** dry, then season all over with **a pinch each of salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side.



### 2. Season broccolini

On a rimmed baking sheet, toss **broccolini** with **1 tablespoon oil** and season with **salt** and **pepper**.



### 3. Roast broccolini

Roast **broccolini** on center oven rack until tender and browned in spots, 8-10 minutes. Immediately toss cooked broccolini with **½ tablespoon butter** and **half of the dill** directly on baking sheet (be careful, it's hot!).



### 5. Prep dressing

Meanwhile, add **Dijon mustard**, **1½ tablespoons oil** and **1 teaspoon honey** to bowl with **lemon juice**; whisk to combine. Stir in **chopped pickles** and season to taste with **salt** and **crushed red pepper**.



### 6. Serve

Transfer **chicken** to plates, spoon **dressing** over, and sprinkle **remaining dill** on top. Serve **broccolini** alongside with **any lemon wedges** on the side for squeezing over, if desired. Enjoy!