



Braised Chicken Breasts

with Carrots, Olives & Orzo



30-40min



2 Servings

Lemon and chicken are truly a match made in foodie heaven and this roast dinner celebrates their love affair. The chicken gets a bit of a head start in the oven, but then lemon slices, carrots, briny Castelvetro olives, and chopped rosemary are added to the mix. Simply seasoned green beans and fluffy orzo round out the meal to make for a pretty perfect plate.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 carrot
- ¼ oz fresh rosemary
- 1 oz Castelvetrano olives
- 1 lemon
- 1 pkt turkey broth concentrate
- ½ lb green beans
- 3 oz orzo ¹

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil

Tools

- medium ovenproof skillet
- small saucepan
- rimmed baking sheet
- fine-mesh sieve

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 29g, Carbs 49g, Protein 47g



THIS IS A CUSTOMIZED RECIPE STEP

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

1. Brown chicken

Preheat oven to 425°F with racks in the upper and lower thirds.

Pat **chicken** dry and trim any excess fat. Season all over with **salt** and **pepper**. Dust with **flour**, tapping off excess.

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add chicken and cook, turning once, until browned, about 4 minutes. Transfer to a plate.



4. Roast green beans

Meanwhile, bring a small saucepan of **salted water** to a boil.

Trim stem ends from **green beans**. Toss on a rimmed baking sheet with **remaining garlic and rosemary, 1 tablespoon oil, and a pinch each of salt and pepper**. Roast on lower oven rack until tender, 12-16 minutes.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Trim **carrots**, then cut into ¼-inch thick rounds. Pick and chop **2 teaspoons rosemary leaves**. Halve **olives**, removing pits if necessary. Halve **lemon** lengthwise, then thinly slice half (save rest for own use).

In a liquid measuring cup, stir to combine **turkey broth concentrate** and **1 cup warm water**.



5. Cook orzo

Add **orzo** to boiling water and cook, stirring occasionally, until al dente, about 8 minutes. Drain through a fine-mesh sieve, return orzo to pot, and toss with **1 teaspoon oil or butter**.



3. Braise chicken

Add **carrots, half of the garlic, and 1 ½ teaspoons rosemary** to same skillet over medium-high; cook until fragrant, 1 minute. Stir in **broth, olives, lemon slices, and ½ teaspoon salt**, bring to a boil.

Return **chicken and any juices** to skillet; season with **pepper**. Braise on upper oven rack until carrots are tender and chicken is cooked through to 165°F, 14-18 minutes.



6. Reduce sauce & serve

Use pot holders to carefully transfer skillet from oven to stovetop. Boil over high heat until **sauce** is slightly reduced, 1-2 minutes.

Serve **braised chicken, carrots, olives, and lemon slices** over **orzo** with **green beans** alongside. Enjoy!