



Chicken with Scallion Pesto

Whole Roasted Carrots & Asparagus



30-40min



2 Servings

Much like garlic, onion, and shallots, scallions are alliums. They have a beautiful bright oniony flavor—delicious raw, sautéed, grilled or, finely chopped with olive oil and toasted nuts to make a pesto that packs a super savory punch.

What we send

- ¼ oz ground coriander
- 12 oz pkg boneless, skinless chicken breasts
- 1 bag carrots
- ½ lb asparagus
- 1 bunch scallions
- 1 lemon
- 1 oz salted almonds ¹
- garlic

What you need

- kosher salt & ground pepper
- olive oil

Tools

- microplane or grater
- rimmed baking sheet
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 45g, Carbs 23g, Protein 46g



1. Marinate chicken

Preheat oven to 450°F with racks in the upper and lower thirds. Finely chop **1 teaspoon garlic**.

In a small bowl, combine ¾ of the garlic, **1 tablespoon oil**, **2 teaspoons ground coriander**, **½ teaspoon salt**, and **several grinds of pepper**. Pat **chicken** dry and rub all over with spiced oil. Let sit until step 5.



4. Roast asparagus

Transfer **scallions** to a cutting board to cool. Arrange **carrots** on one half of the baking sheet and add **asparagus** to the other half.

Drizzle asparagus with **1 teaspoon oil** and **a pinch each salt and pepper**. Return baking sheet to oven and roast on lower oven rack until carrots and asparagus are lightly browned in spots, 7-8 minutes.



2. Prep ingredients

Scrub **carrots** and cut in half lengthwise, or quarter if thick. Trim bottom 2 inches from **asparagus**. Trim ends from **scallions**, then thinly slice.

Grate **½ teaspoon lemon zest**, then squeeze **1 teaspoon juice** into a small bowl. Cut any remaining lemon into wedges.



5. Sear chicken

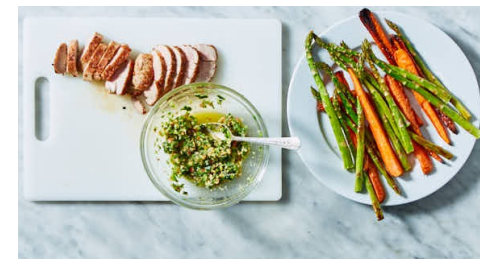
Meanwhile, heat **1 tablespoon oil** in same skillet over medium-high. Scrape **marinade** from **chicken**. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



3. Roast carrots & scallions

On a rimmed baking sheet, rub **carrots** with **1 tablespoon oil** and season with **salt** and **pepper**, then spread to an even layer. Roast on lower oven rack until just tender, stirring once, 10-12 minutes.

Heat **½ tablespoon oil** in a medium ovenproof skillet over medium-high. Add **scallions** and cook, stirring, until softened and lightly browned in spots, 1-2 minutes.



6. Make pesto & serve

Chop **scallions** and **half of the almonds** together until a coarse paste forms; transfer to bowl with **lemon zest and juice**, **remaining garlic**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**. Thinly slice **chicken**.

Serve **chicken** with **asparagus** and **carrots**, topped with **scallion pesto**. Serve **any lemon wedges** alongside. Enjoy!