



## Berbere-Spiced Chicken Paillard

with Pomegranate, Orange & Arugula Salad



20-30min



2 Servings

Berbere is an Ethiopian spice blend that includes chile, garlic, fenugreek, and warm spices, such as allspice and cinnamon. The flavors are an excellent match for thinly pounded chicken breasts that cook in a hot skillet until golden and crusty. We serve the chicken with an arugula salad studded with pomegranate seeds, sweet oranges, and feta cheese.



## What we send

- 1 oz salted almonds <sup>15</sup>
- 1 orange
- 12 oz pkg boneless, skinless chicken breasts
- berbere spice blend (use 1-2 tsp)
- 1 pkt chicken broth concentrate
- 3 oz baby arugula
- 1½ oz feta cheese <sup>7</sup>
- 1 oz pomegranate seeds

## What you need

- red wine vinegar (or apple cider vinegar) <sup>17</sup>
- olive oil
- kosher salt & ground pepper

## Tools

- meat mallet (or heavy skillet)
- large skillet

## Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620kcal, Fat 42g, Carbs 11g, Protein 46g



### 1. Prep ingredients

Coarsely chop **almonds**. Cut ends from **orange**. Stand on one end, then cut peel and bitter white pith from orange, cutting from top down (following the curve of the orange). Halve orange from top to bottom, then cut crosswise ¼-inch thick slices.



### 4. Cook chicken

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 2-3 minutes per side.



### 2. Make vinaigrette

Squeeze **2 tablespoons orange juice** from the peels and some of the orange slices into a medium bowl. Whisk in **1 tablespoon vinegar** and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 5. Make pan sauce

Transfer **chicken** to a plate. Immediately add **chicken broth concentrate**, **¼ cup water**, and **2 tablespoons of the vinaigrette**. Bring to a simmer and cook, scraping up any browned bits, until slightly reduced, about 1 minute. Season to taste with **salt** and **pepper**.



### 3. Prep chicken

Pat **chicken** dry. Place chicken between 2 sheets of plastic. Using a meat mallet (or heavy skillet), pound chicken to an even ¼-inch thickness. Season all over with **1-2 teaspoons of the berbere spice** (depending on heat preference).



### 6. Make salad & serve

Add **arugula**, **almonds**, **orange slices**, **crumbled feta cheese**, and **pomegranate seeds** to bowl with **remaining orange vinaigrette**, and toss to coat. Season to taste with **salt** and **pepper**. Serve **salad** alongside **chicken**, with **pan sauce** spooned over chicken. Enjoy!