



Low-Cal Sautéed Chicken & Veggies

with Citrus Pan Sauce



20-30min



2 Servings

Pan sauces are a simple way to take a dish from delicious to restaurant quality. After the chicken is seared, golden-brown goodness is left at the bottom of the skillet. Add shallots, butter, and a mixture of chicken broth, water, lemon juice, and zest to the skillet, loosening all of the browned bits on the bottom of the pan creating a silky sauce that perfectly complements juicy chicken breast.

What we send

- 3 oz white quinoa
- ½ lb asparagus
- 1 zucchini
- 3 oz shallot
- ¼ oz fresh tarragon
- 1 lemon
- 1 pkt chicken broth concentrate
- 12 oz boneless, skinless chicken breasts

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- small saucepan
- microplane or grater
- medium skillet
- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 610kcal, Fat 28g, Carbs 41g, Proteins 50g



1. Make quinoa

In a small saucepan, combine **quinoa**, **¾ cups water**, and **½ teaspoon salt**. Bring to a boil, cover, and cook over low until quinoa is tender and liquid is absorbed, about 15 minutes. Remove from heat and cover to keep warm.



4. Sauté vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **asparagus** and **zucchini**, season with **a pinch each salt and pepper** and cook, stirring occasionally, until lightly browned in spots and crisp-tender, about 5 minutes. Stir in **lemon zest** and transfer to a plate; cover loosely to keep warm.



2. Prep ingredients

Meanwhile, trim bottom 2 inches from **asparagus**, then cut into 2-inch pieces. Trim ends from **zucchini**, then halve lengthwise and slice crosswise into ¼-inch thick half moons. Finely chop **2 tablespoons shallot**. Pick and coarsely chop **1 tablespoon tarragon leaves**; discard stems.



5. Sauté chicken

Pat **chicken** dry; use a meat mallet or heavy skillet to pound to ½-inch thickness. Season all over with **salt and pepper**. Heat **1 teaspoon oil** in same skillet until shimmering. Add chicken and cook, turning once, until golden and cooked through, about 3 minutes per side. Transfer to a plate. Heat **1 teaspoon oil** in same skillet.



3. Prep sauce

Finely grate **¼ teaspoon lemon zest** and set aside for step 4. Squeeze **1 tablespoon lemon juice** into a small bowl. Add **chicken broth concentrate** and **½ cup water** to lemon juice; whisk to combine. Set sauce mixture aside for step 6.



6. Make pan sauce & serve

Add **shallots** to skillet and cook over medium, about 2 minutes. Add **sauce mixture**; simmer until reduced to ¼ cup, about 5 minutes. Add **2 tablespoons butter** and swirl to melt. Return **chicken** to skillet and cook, turning until heated through, about 1 minute. Spoon **quinoa** onto plates and top with **chicken, sauce, chopped tarragon**, and **vegetables** alongside. Enjoy!