



NUTRITION *per serving* 24g carbohydrates 6g fat 44g protein 516mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free

 Calories
348

 Prep & Cook Time
30-40 min.

 Cook Within
5 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

- 1 Lemon
- 1 Shallot
- 1 Fennel Bulb
- 6 oz. Asparagus
- 2 Oregano Sprigs
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Grape Tomatoes
- 2 fl. oz. White Cooking Wine
- 2 tsp. Chicken Base
- 1 tsp. Sugar

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan

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Limoncello Chicken

with roasted fennel and asparagus

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Shallot is used twice. **Shallot rounds** are roasted with vegetables, and **minced shallot** is added to sauce.
- **Heads Up!** Oregano is used twice. Half is added to **vegetables** and remaining garnishes dish.
- **Heads Up!** Lemon zest is used twice. 1 tsp. is added to **roasted vegetables** and remaining is added to **sauce**.

FROM THE CHEF

Raw fennel tastes strongly of black licorice, but when roasted until golden and tender, its flavor mellows and natural sweetness comes through.

Did you know...

Limoncello is a lemon liqueur popular in southern Italy, where it is customarily served in a chilled ceramic glass as an after-dinner digestivo.



Prepare the Ingredients

Zest **lemon**, halve, and juice. Peel and slice **shallot** into very thin rounds. Mince half the rounds. Trim top and bottom of **fennel bulb**, quarter lengthwise, remove tough core from the base of each piece, and cut into ½” wedges. Trim woody ends off **asparagus**. Stem and coarsely chop **oregano**. Crush **garlic** with the side of a knife. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



Finish Fennel and Roast Vegetables

After **fennel** has roasted 15 minutes, carefully flip wedges onto second side. Add **asparagus**, **grape tomatoes**, **shallot rounds**, and **half the oregano** (reserve remaining for garnish) to second side of baking sheet and toss with 1 tsp. **olive oil**. Bake until fennel is caramelized and tomatoes begin to burst, 10 minutes. Remove from oven, toss both gently with 1 tsp. **lemon zest** (reserve remaining for sauce), and set aside.



Roast the Fennel

Place **fennel wedges** on one side of prepared baking sheet with **garlic cloves** and toss with 2 tsp. **olive oil**. Season with ½ tsp. **salt** and ¼ tsp. **pepper** and spread into a single layer. Roast 15 minutes. While fennel roasts, sear chicken.



Make the Limoncello Sauce

Return pan used to sear chicken to medium heat. Add 1 tsp. **olive oil** and **minced shallot** to hot pan. Cook until aromatic, 30 seconds. Add **white cooking wine**, bring to a simmer, and simmer until mostly evaporated, 1 minute. Add **chicken base**, ½ cup **water**, 1 Tbsp. **lemon juice**, and **sugar** to pan and stir. Return **chicken and any accumulated juices** to pan and cook until sauce just coats chicken and chicken reaches a minimum internal temperature of 165 degrees, 5 minutes. Taste, and add more lemon juice if desired. Add remaining **lemon zest** and season to taste with **salt and pepper**.



Sear the Chicken

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **chicken** to hot pan and sear until well-browned, 3-4 minutes per side. Transfer chicken to a plate. *Chicken will finish cooking in a later step.* Reserve pan for making sauce; no need to wipe clean.



Plate the Dish

Place a serving of **caramelized fennel** and **roasted vegetables** on a plate. Serve **chicken** leaning against vegetables and **sauce** in front. Garnish with remaining **oregano**.