



**NUTRITION** *per serving* 23g carbohydrates 21g fat 44g protein 785mg sodium | low-calorie, low-carb, gluten-free, shellfish-free, nut-free



Calories  
450



Prep & Cook Time  
35-45 min.



Cook Within  
5 days



Difficulty  
Intermediate



Spice Level  
Not Spicy

#### IN YOUR BOX

- 2 oz. Grape Tomatoes
- 4 oz. Kale
- 1 Lemon
- 1 Rosemary Sprig
- 2 Boneless Skinless Chicken Breasts
- 1 ½ oz. Caesar Dressing
- 6 oz. Artichoke Hearts
- 1 oz. White Rice Flour

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Wire-Mesh Strainer
- Mixing Bowl
- Medium Non-Stick Pan

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HOME CHEF

## Lemon-Rosemary Roasted Chicken

with kale Caesar salad and crispy artichokes

## BEFORE YOU COOK

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

## 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.
- All stoves, like snowflakes, are different. If **artichokes** are taking too long to begin browning, turn heat up slightly. If they are browning too fast, turn heat down slightly.

## FROM THE CHEF

Roasting lemon mellows its acidity, adding unique citrus flavor to chicken breasts.

### Did you know...

Massaging dressing into kale leaves breaks down its cell walls, making it less bitter and allowing it to better absorb flavors from dressing.



1

## Prepare the Ingredients

Halve **grape tomatoes**. Stem **kale** and coarsely chop. Zest **lemon** and cut into ¼” slices. Stem and mince **rosemary**. Rinse **chicken**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

## Make the Salad

Place **kale** and **Caesar dressing** in a medium mixing bowl. Toss to coat, then use your hands to massage dressing into kale leaves. Add **grape tomatoes**, toss again, and set aside.



3

## Prepare the Artichokes

Drain and rinse **artichokes**, then gently press between paper towels to dry. Place artichokes and **white rice flour** onto a plate and toss to completely coat. Set aside.



4

## Cook the Chicken

Place a medium non-stick pan over medium-high heat. Add ½ tsp. **olive oil** and **chicken** to hot pan. Sear on one side until golden brown, 2-4 minutes. Transfer to prepared baking sheet, seared side up. Wipe pan clean. Place **lemon slices** on and around chicken. Place on bottom rack of oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 7-9 minutes. Remove from oven, sprinkle with **rosemary** and **lemon zest** (to taste), and rest 3 minutes.



5

## Cook the Artichokes

Line a plate with a paper towel. Return pan used to sear chicken to medium heat. Add 1 Tbsp. **olive oil** to hot pan. Shake excess **flour** from **artichokes** and add to hot oil. Cook, while turning artichokes as they start to color, until golden brown and crispy on all sides, 6-9 minutes. Remove artichokes to towel-lined plate.



6

## Plate the Dish

Place **salad** on plate and top with crispy **artichokes**. Serve **chicken** next to salad and garnish with roasted **lemon slices**.