



More than Food

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Lemony Basil Chicken with Artichoke Hearts and Crispy Broccolini

Juicy chicken and artichokes are tossed together with a quick pan sauce in this simple summer dish. Lemon zest and basil bring brightness to the plate, while deeply roasted broccolini adds a nutty crunch.



30 min



level 1



gluten free



dairy free



nut free



Chicken Breasts



Broccolini



Onion



Garlic



Basil



Lemon



Artichoke Hearts



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Broccolini	8 oz	16 oz
Onion	1	2
Garlic	2 cloves	4 cloves
Basil	1 bunch	2 bunches
Lemon	1	2
Artichoke Hearts	1 can	2 cans
Chicken Stock Concentrate	1	2
Olive Oil*	2 T	4 T

*Not Included

Allergens

None

Tools

Baking Sheet, Large Pan,
Zester, Strainer

Ruler

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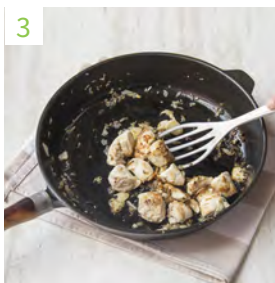
Nutrition per person Calories: 485 cal | Carbs: 30 g | Fat: 25 g | Protein: 47 g | Fiber: 10 g



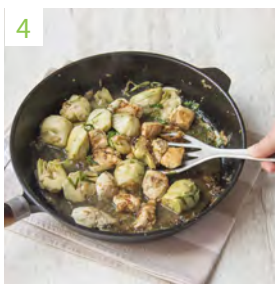
1 Preheat oven to 400 degrees. Trim and discard the bottom inch of the **broccolini**, then toss the broccolini on a baking sheet with **1 tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, until beginning to crisp.



2 Meanwhile, **prep the ingredients**: halve, peel, and dice the **onion**. Mince or grate the **garlic**. Thinly slice the **basil**. Zest and halve the **lemon**. Dice the **chicken** into 1-inch pieces. Drain and rinse the **artichokes**.



3 Heat **1 tablespoon olive oil** in a large pan over medium heat. Add the **onions** and cook, tossing, for 5 minutes, until softened. Season with **salt** and **pepper**. Add the **garlic** and cook 30 seconds, until fragrant. Add the **chicken** to the pan and cook, tossing for 2-3 minutes, until browned but not yet cooked through. Season with **salt** and **pepper**.



4 Add the **lemon zest**, **artichokes**, **stock concentrate**, **1 cup water**, and **half the basil** to the pan. Bring to a simmer and cook 3-4 minutes, until sauce has thickened and **chicken** has cooked through. Season with **salt** and **pepper**.

5 Serve the **chicken** and **artichokes** in the pan sauce with the crispy **broccolini** alongside. Top with a squeeze of **lemon** and the **remaining basil**. Enjoy!