



Peach Dish



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Chicken Breast and Sautéed Squash with Edamame

12 ounces chicken breast, bone-in, skin-on (2 each)
3 teaspoons French Picnic Salt, divided in half
2 tablespoons olive oil, divided in half*
2 sprigs fresh thyme
3 each scallions, washed and chopped thinly, greens and whites separated
8 ounces yellow squash, cut into ~3 inch long, 1/2 inch wide pieces
3 ounces edamame, shelled and blanched

*Ingredients not included in your PeachDish box.

Chicken Breast and Sautéed Squash with Edamame

Recipes courtesy of Forage & Flame

Method:

1. Rinse and dry chicken breast, season with 1/2 of the French Picnic salt (~1 1/2 teaspoons), or to your taste. Allow to stand at room temperature for up to one hour. Cut and prepare the other ingredients.
2. Heat a large sauté pan over medium heat. Add half the olive oil, and heat until shimmery. Add the chicken breasts. Cook without turning or moving, until chicken is browned on the first side, and cooked two thirds of the way through, 7-10 minutes. Turn, and cook through, 3-5 additional minutes. Remove pan from heat, then remove the chicken to a plate or rimmed dish to rest. Allow to rest for 5-10 minutes before cutting or serving.
3. Add the remaining olive oil, and thyme, and chopped white parts of the scallions to the pan. Return the pan to the heat, and adjust to medium-high. Cook, while stirring, until onions are translucent (about 2 minutes). Add the yellow squash, cook until slightly softened (about 3 minutes).
4. Add the chopped scallion greens, edamame, and remaining French Picnic salt. Stir over heat for an additional minute or two, remove the thyme sprigs, and heat until all of the added ingredients are heated through. Serve and enjoy!

Yield: 2 servings

Preparation Time: Approximately 5-10 minutes

Cook Time: 20-30 minutes

Helpful Tips & Notes:

-Fully cooked chicken is fully opaque (at the center of the thickest part of the breast, when cut across the grain), juices will run clear (not red or pink), and/or a thermometer inserted in thickest part of breast reads 160-165 degrees. Once the chicken has rested for at least five minutes you can cut it into 1/4 to 1/2 inch thick slices across the grain. For a nice presentation, keep the slices arranged together in the original shape of the breast. Place a heaping pile of the squash and edamame on the plate just above the center, but not against the rim, then arrange the chicken breast on the front edge of the pile, fanning the slices out slightly.