



Lemon Pepper Cured Chicken with Fennel Salad

 Gluten Free

READY IN



215 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bundle arugula coarsely chopped
- ☐ 0.5 cup celery leaves/tops
- ☐ 3 tablespoons evoo
- ☐ 1 bulb fennel trimmed very thinly sliced plus a small handful of fronds
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon granulated onion
- ☐ 1 teaspoon honey
- ☐ 1 juice of lemon juiced
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon brown sugar light
- ☐ 4 servings olive oil
- ☐ 4 servings parmigiano-reggiano for shaving
- ☐ 0.5 cup parsley leaves
- ☐ 1 teaspoon coarse pepper black
- ☐ 4 servings salt and pepper
- ☐ 24 ounces chicken breast boneless skinless

Equipment

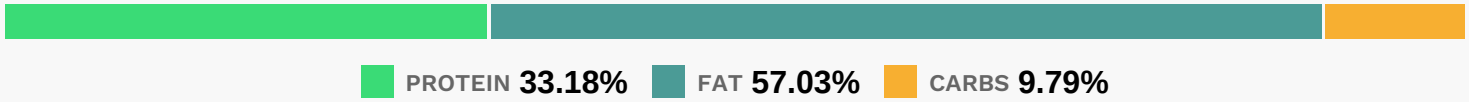
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ peeler

Directions

- ☐ Combine the rosemary, thyme, zest, sugar, salt, fennel seeds, garlic, onion and pepper. Then rub the mixture evenly into the chicken pieces, coating both sides.
- ☐ Place the chicken in a plastic food storage bag and chill several hours or overnight.
- ☐ To serve, heat a turn of the pan olive oil in a skillet, griddle pan or grill over medium-high heat. If using griddle or grill wipe with the oil then add the chicken. Cook the chicken 12 minutes, turning occasionally.
- ☐ Remove from the heat let rest a few minutes, then slice.

- ☐ For the salad: While chicken is cooking, whisk up the lemon juice and honey, season with salt and pepper, and whisk in the EVOO.
- ☐ Combine the parsley, celery, arugula, fennel and fronds. Dress the salad and toss to coat. Then, using a vegetable peeler, add lots of cheese curls to the salad.
- ☐ Serve the salad in shallow bowls and top with sliced chicken breast.
- ☐ Get Rachael's shopping list for this episode's recipes here.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:33.187826239544%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 17.12mg, Apigenin: 17.12mg, Apigenin: 17.12mg, Apigenin: 17.12mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 584.28kcal (29.21%), Fat: 37.13g (57.12%), Saturated Fat: 9.4g (58.78%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.66g (8.51%), Cholesterol: 129.26mg (43.09%), Sodium: 2096.35mg (91.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.19%), Vitamin K: 185.39µg (176.56%), Vitamin B3: 18.53mg (92.63%), Selenium: 62.06µg (88.66%), Vitamin B6: 1.4mg (70.04%), Phosphorus: 619.64mg (61.96%), Calcium: 449.54mg (44.95%), Vitamin C: 30.93mg (37.49%), Potassium: 1091.97mg (31.2%), Vitamin E: 4.42mg (29.48%), Vitamin B5: 2.86mg (28.59%), Vitamin A: 1340.3IU (26.81%), Magnesium: 86.06mg (21.51%), Vitamin B2: 0.34mg (19.89%), Manganese: 0.38mg (18.75%), Iron: 2.91mg (16.16%), Fiber: 3.83g (15.31%), Zinc: 2.21mg (14.7%), Folate: 52.41µg (13.1%), Vitamin B12: 0.7µg (11.67%), Vitamin B1: 0.15mg (10.14%), Copper: 0.16mg (8.15%), Vitamin D: 0.32µg (2.13%)