



Saffron Chicken Breasts with English Pea Purée, Pea Shoots, and Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large chicken breast halves boneless with skin
- ☐ 3 tablespoons butter room temperature
- ☐ 4 ounces pea shoots fresh loosely packed
- ☐ 6 servings pea-mond dressing english
- ☐ 3 teaspoons thyme sprigs fresh divided
- ☐ 2.5 cups spring onion separated sliced
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest finely grated (scant)
- ☐ 0.3 cup mint leaves fresh
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.3 teaspoon saffron threads
- ☐ 1 tablespoon water

Equipment

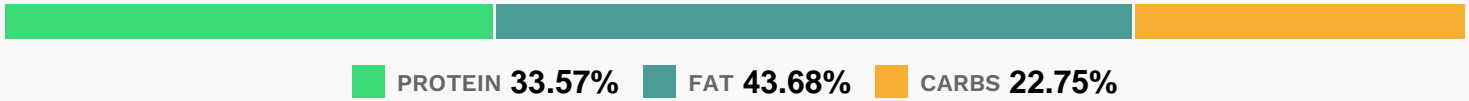
- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ mortar and pestle

Directions

- ☐ Stir saffron threads in dry skillet over medium-low heat just until brittle and slightly darkened, being careful not to burn saffron, about 20 seconds.
- ☐ Transfer saffron to mortar and grind with pestle to fine powder.
- ☐ Mix butter and half of ground saffron in small bowl to blend; cover and refrigerate.
- ☐ Add 2 tablespoons oil to remaining saffron in mortar, scraping sides and bottom of mortar with rubber spatula to blend well.
- ☐ Place chicken breasts in large bowl.
- ☐ Add saffron oil, parsley, lemon peel, and 2 teaspoons thyme leaves; toss to coat chicken. Cover and refrigerate at least 4 hours or overnight.
- ☐ Heat 1 tablespoon oil in each of 2 large nonstick skillets over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add 3 chicken breasts to each skillet, skin side down. Cook until skin is deep golden brown, about 6 minutes. Turn chicken over; reduce heat to medium and cook until chicken is cooked through, about 8 minutes longer.
- ☐ Transfer chicken to platter; cover and keep warm.

- ☐ Add white parts of green onions and remaining 1 teaspoon thyme to one skillet; sauté over medium heat until onions are translucent, about 3 minutes.
- ☐ Add saffron butter, pea shoots, green parts of green onions, and 1 tablespoon water; stir until pea shoots are barely wilted, about 10 seconds.
- ☐ Remove from heat; stir in mint and lemon juice. Season to taste with salt and pepper.
- ☐ Divide English Pea Puree among 6 plates. Top with chicken. Spoon pea shoots mixture and juices over and serve.
- ☐ Pea shoots and pea sprouts can be found at Asian markets, as well as at farmers' markets.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:5.72, Inflammation Score:-9, Nutrition Score:27.836521770643%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 381.66kcal (19.08%), Fat: 18.64g (28.67%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 14.68g (5.34%), Sugar: 3.95g (4.38%), Cholesterol: 87.37mg (29.12%), Sodium: 191.79mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Vitamin K: 115.91µg (110.39%), Vitamin B3: 12.51mg (62.53%), Selenium: 38.64µg (55.2%), Folate: 215.36µg (53.84%), Vitamin B6: 0.97mg (48.38%), Phosphorus: 392.02mg (39.2%), Vitamin C: 28.48mg (34.52%), Fiber: 7.5g (29.99%), Manganese: 0.53mg (26.74%), Potassium: 801.49mg (22.9%), Magnesium: 87.49mg (21.87%), Vitamin B5: 2.02mg (20.24%), Iron: 3.61mg (20.05%), Vitamin A: 954.17IU (19.08%), Vitamin B1: 0.27mg (18.23%), Copper: 0.31mg (15.54%), Vitamin E: 2.21mg (14.71%), Zinc: 1.99mg (13.27%), Vitamin B2: 0.21mg (12.24%), Calcium: 70.03mg (7%), Vitamin B12: 0.24µg (3.96%)