



Skillet-Roasted Chicken with Farro and Herb Pistou

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon chervil fresh chopped
- 2.5 pound chicken halved
- 1 tablespoon flat parsley chopped
- 3 tablespoons chives fresh divided chopped
- 1 tablespoon tarragon fresh chopped
- 2 tablespoons thyme sprigs fresh chopped

- 2 garlic clove finely chopped
- 2.5 teaspoons kosher salt
- 1 optional: lemon halved
- 1 teaspoon lemon zest finely grated
- 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- kitchen thermometer

Directions

- Whisk 1/3 cup olive oil, 1 tablespoon chives, and next 7 ingredients in a medium bowl. Divide marinade between 2 (gallon-size) resealable plastic freezer bags. Season chicken with 2 1/2 teaspoons salt; place 1 chicken half in each bag. Seal bags, releasing excess air. Chill overnight.
- Place bags side by side in a large pot.
- Add cold water to cover by 2".
- Heat water over medium heat until an instant-read thermometer registers 150°F. Turn off heat, cover, and poach chicken for 50 minutes.
- Transfer bags to a large bowl of ice water to cool, about 15 minutes.
- Remove chicken from bags; pat dry.
- Preheat oven to 450°F.
- Heat vegetable oil in a large cast-iron skillet over high heat.
- Add chicken halves, skin side down, so chicken sits against sides of pan. Cook, moving chicken occasionally for even cooking, until skin is browned all over. Flip chicken and transfer skillet to

oven. Roast until an instant-read thermometer inserted into thickest part of thigh registers 165°F, about 15 minutes.

- Let rest for 10 minutes.
- To serve, divide Farro with Acorn Squash and Kale among plates.
- Place chicken on top of farro.
- Drizzle 1/4 cup Herb Pistou around farro.
- Drizzle 1 teaspoon extra-virgin olive oil over each plate. Squeeze lemon halves over chicken.
- Sprinkle 2 tablespoons chives over.

Nutrition Facts

PROTEIN 19.77% **FAT 75.97%** **CARBS 4.26%**

Properties

Glycemic Index: 69.88, Glycemic Load: 1.34, Inflammation Score: -10, Nutrition Score: 16.856521793034%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 535.42kcal (26.77%), Fat: 45.65g (70.23%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.76g (0.85%), Cholesterol: 102.06mg (34.02%), Sodium: 1552.98mg (67.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.45%), Vitamin B3: 9.61mg (48.06%), Vitamin K: 47.01µg (44.77%), Vitamin C: 27.34mg (33.14%), Vitamin B6: 0.59mg (29.4%), Selenium: 20.4µg (29.14%), Vitamin E: 3.61mg (24.09%), Phosphorus: 223.8mg (22.38%), Iron: 3.23mg (17.94%), Manganese: 0.33mg (16.52%), Zinc: 2.09mg (13.93%), Vitamin A: 693.29IU (13.87%), Vitamin B5: 1.33mg (13.29%), Vitamin B2: 0.22mg (13.13%), Potassium: 450.68mg (12.88%), Magnesium: 45.03mg (11.26%), Calcium: 81.94mg (8.19%), Vitamin B1: 0.11mg (7.3%), Vitamin B12: 0.42µg (7.03%), Fiber: 1.75g (7.01%), Copper: 0.13mg (6.32%), Folate: 24.96µg (6.24%), Vitamin D: 0.27µg (1.81%)