



Pan-Roasted Chicken with Baby Kale and Pattypan Squash

Pattypan squash is a warm-weather type known for its small, round, and shallow shape—think flying saucers! With pan-roasted chicken, this dish is a satisfying, seasonal winner.

25-35 minutes

Serves 2 people

510 calories per serving

Plated.

✿ Ingredients

1 shallot
6 ounces pattypan squash
5 ounces baby kale
2 boneless chicken breasts
 $\frac{1}{4}$ cup white wine
1 tablespoon apple cider vinegar
1 packet honey
2 teaspoons herbes de Provence
2 packets butter
1 teaspoon sugar
2 tablespoons grated pecorino cheese

🍴 You'll Need

1½ tablespoons olive oil
kosher salt
black pepper
2 large 12" pans

💡 Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

The chicken might have a slight odor as a natural reaction to its vacuum packing.

USDA recommends cooking chicken to 165°F.

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Great food starts with great ingredients. We're proud to send you chicken raised without antibiotics.



1. Prepare Ingredients

Peel **shallot**, halve, and thinly slice. Rinse **squash** and halve. Rinse **baby kale**. Rinse **chicken** and pat dry with paper towel.



2. Sear Chicken

Heat **1 tablespoon olive oil** in a large pan over medium-high heat. Season **chicken** all over with **½ teaspoon kosher salt** and **pepper** as desired. Add to pan skin-side down and sear until skin is crisp, 6-8 minutes.



3. Make Sauce

While chicken sears, whisk together **white wine**, **apple cider vinegar**, **honey**, and **herbes de Provence** in a medium bowl until fully combined.



4. Cook Chicken and Squashes

After 6-8 minutes, flip **chicken** and add **squash** to pan, scattering around. Drizzle **½ tablespoon olive oil** over squash. Season with **¼ teaspoon kosher salt** and **pepper** as desired. Cook together until squash is becoming tender, 3-4 minutes. Pour **sauce** over chicken and continue cooking until chicken is cooked through and no longer pink and squash is tender, 3-4 minutes more. Remove pan from heat.



5. Sauté Baby Kale

While chicken and squash cook, heat **butter** in a separate large pan over medium heat. When butter is foamy, add **sugar** and **shallot** and sauté, stirring, until caramelized, 5-7 minutes. Stir in **baby kale**. Season with **¼ teaspoon kosher salt** and **pepper** as desired. Sauté until kale is wilted, 2-3 minutes. Remove pan from heat. Stir in **pecorino**.



6. Plate Chicken

Serve **baby kale** with **squash** and **chicken** on top. Spoon over any sauce from pan and enjoy.

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