



## Poached Chicken Breast with Sauteed Kale & Green Beans and Roasted Ginger-Peanut Vinaigrette

2 servings | Hands On Time: 20 minutes | Total Time: 45 minutes

Mary's Farm Fresh Boneless Chicken Breast, thawed  
Johnson's Backyard Garden Kale, large stems removed, leaves roughly chopped  
J & B Farms Green Beans, ends trimmed  
My Father's Farm Radishes, leaves removed, thinly sliced  
Farmhouse Kitchen Poaching Spice  
Farmhouse Kitchen Roasted Ginger-Peanut Vinaigrette  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil.

**Step 1.** Place chicken breast, poaching spice, 2 tsp. of salt and 4 cups of water into a medium to large sauce pan. Place the pan over medium-high heat and bring just to a boil. When the water has come up to a boil, turn the heat to low and cover with a lid. Simmer the chicken for 8 minutes over low heat and then turn the heat off. Keep covered for 30 minutes. The chicken breast is done when the internal temperature, when measured at the thickest part, reaches 400°F degrees.

**Step 2.** While the chicken is poaching, prepare the kale, green beans, and radishes. Set aside.

**Step 3.** Place a large cast iron skillet or saute pan over medium heat. When the pan just begins to smoke, add 1 tbsp. of oil and the green beans. Allow the green beans to sear and blister for 5-7 minutes, shaking the pan midway to blister the green beans on all sides. Add the chopped kale and stir until just wilted. Using a measuring cup or ladle, add approximately 2 tbsp. of the chicken poaching liquid to the vegetables. Stir to coat. Season with salt and pepper to taste. Remove from heat.

**Step 4.** Remove the chicken breast from the poaching liquid. Slice the chicken breasts into approximately 1/2" medallions. Add the sauteed kale and green beans to the servings plates and top with sliced chicken. Spoon the roasted ginger-peanut vinaigrette over the chicken and vegetables. Garnish with sliced radishes. Enjoy!