

## Whole30 Lemongrass Chicken

**2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30**

Windy Meadows Boneless Chicken Breast, thawed  
Farmhouse Kitchen Lemongrass Sauce  
Gundermann Acres Baby Bok Choy, washed  
Aqua Dulce Bibb or Oak Leaf Lettuce, root ball removed, washed and dried well  
Johnson's Backyard Garden Green Cabbage, outer leave and core removed, washed  
Farmhouse Kitchen Charred Lime Vinaigrette, stirred well before use  
Olive oil or Ghee  
Salt and PEpper

Preheat the oven to 400°F degrees.

**STEP 1** Prepare the vegetables. Chop very bottom of bok choy off and cut leaves/stems in half lengthwise. Toss with 1 tbsp. oil and ½ tsp. salt and pepper. Spread bok choy in an even layer and roast for 10-15 minutes, or until browned around the edges and tender.

**STEP 2** While bok choy is roasting, pat the chicken breasts dry with paper towels and liberally season both sides with salt and pepper. Heat a large skillet over medium-high heat. When the skillet begins to smoke, add 1 tbsp. oil and swirl to coat. Add the chicken breasts and cook for 5 minutes each side or until deeply browned. Transfer to a clean plate and set aside.

**STEP 4** Reduce heat to medium-low and add the lemongrass sauce to deglaze. Use a wooden spoon to scrape up the flavorful bits that have formed in the bottom of the skillet. Return the chicken (and any collected juices in the plate) to the skillet. Spoon the lemongrass sauce over the chicken. Cover with a lid and allow the chicken to cook through, 5-7 minutes. The sauce will slightly reduce and thicken. The internal temperature of chicken breast, when measured at the thickest part, should read 165°F.

**STEP 5** Transfer the chicken and bok choy to serving plates. Loosely tent with foil to keep heat in and moisture out. Prepare the salad. Tear lettuce into bite size pieces. Chop cabbage in half widthwise and then thinly slice into ribbons. Combine lettuce, cabbage and ½ charred lime vinaigrette in a bowl. Season with ½ tsp. salt and pepper and toss with remaining vinaigrette. Set aside.

**STEP 6** Serve pan roasted chicken breast and bok choy with a side of lettuce and cabbage salad.

Enjoy!

## Whole30 Lemongrass Chicken

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Boneless Chicken Breast, thawed  
Farmhouse Kitchen Lemongrass Sauce  
Gundermann Acres Baby Bok Choy, washed  
Aqua Dulce Bibb or Oak Leaf Lettuce, root ball removed, washed and dried well  
Johnson's Backyard Garden Green Cabbage, outer leave and core removed, washed  
Farmhouse Kitchen Charred Lime Vinaigrette, stirred well before use  
Olive oil or Ghee  
Salt and PEpper

Preheat the oven to 400°F degrees.

**STEP 1** Prepare the vegetables. Chop very bottom of bok choy off and cut leaves/stems in half lengthwise. Toss with 2 tbsp. oil and 1 tsp. salt and pepper. Spread bok choy in an even layer and roast for 10-15 minutes, or until browned around the edges and tender. (NOTE: You may need to cook bok choy in batches)

**STEP 2** While bok choy is roasting, pat the chicken breasts dry with paper towels and liberally season both sides with salt and pepper. Heat a large skillet over medium-high heat. When the skillet begins to smoke, add 2 tbsp. oil and swirl to coat. Add the chicken breasts and cook for 5 minutes each side or until deeply browned. Transfer to a clean plate and set aside. (NOTE: You may need to cook chicken in multiple batches)

**STEP 4** Reduce heat to medium-low and add the lemongrass sauce to deglaze. Use a wooden spoon to scrape up the flavorful bits that have formed in the bottom of the skillet. Return the chicken (and any collected juices in the plate) to the skillet. Spoon the lemongrass sauce over the chicken. Cover with a lid and allow the chicken to cook through, 5-7 minutes. The sauce will slightly reduce and thicken. The internal temperature of chicken breast, when measured at the thickest part, should read 165°F.

**STEP 5** Transfer the chicken and bok choy to serving plates. Loosely tent with foil to keep heat in and moisture out. Prepare the salad. Tear lettuce into bite size pieces. Chop cabbage in half lengthwise and then widthwise. Then, thinly slice into ribbons. Combine lettuce, cabbage and ½ charred lime vinaigrette in a bowl. Season with 1 tsp. salt and pepper and toss with remaining vinaigrette. Set aside.

**STEP 6** Serve pan roasted chicken breast and bok choy with a side of lettuce and cabbage salad.

Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Boneless Chicken Breast - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Lemongrass Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Johnson's Backyard Garden lemongrass, In the Garden ginger, In the Garden turmeric, G & S Orchards lime juice, chicken stock, coconut aminos, salt)

Baby Bok Choy - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Bibb or Oak Leaf Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Green Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Charred Lime Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: G & S Orchards limes, white balsamic vinegar, garlic, Texas Olive Ranch extra virgin olive oil)

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.  
\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**