



*Partnering for a healthy community*



# Triple Citrus Chicken

## Ingredients:

### Marinade

- 2 oz fresh navel orange juice
- 1 tsp fresh orange zest
- 1 Tbsp fresh lemon juice
- ½ tsp lemon zest
- 1 Tbsp fresh lime juice
- ¼ tsp lime zest
- 1 oz olive oil
- 1 ½ Tbsp chopped red onion
- ½ Tbsp minced fresh garlic
- ½ Tsp dried rosemary
- 1 tsp Dijon mustard
- 1 tsp honey
- ¾ tsp salt, or to taste
- ¼ tsp freshly ground black pepper.
- 4 oz boneless skinless chicken breast or thigh
- A sprig of fresh parsley
- 1 carrot peeled and cut into 1/2 inch rounds

## Equipment:

Cast Iron or sauté pan, small sauté pan, zester, 2 pairs of tongs, hand held strainer, cutting board, chopping knife, mixing bowl

## Instructions:

1. In a mixing bowl whisk together all ingredients except chicken until well combined.
2. Place chicken in a gallon-size resealable bag or dish.
3. Pour marinade over chicken. Transfer to the refrigerator and let rest at least 1 hour and up to 6 hours.
4. Preheat a grill pan or sauté pan to medium-high heat. Remove chicken from marinade and cook on grill until center registers 165 degrees in center of thickest portion, turning once halfway through cooking (reduce the temperature as needed if the chicken is browning too quickly).
5. Let the chicken rest 5 minutes before serving.
6. Blanch carrots 7-8 minutes
7. Take leftover marinade and bring to a boil in a sauté pan add carrots until glazed
8. Plate chicken and carrots, garnish with parsley enjoy!