

# Lemon Herb Chicken with Fennel and Lemon Oil

Fennel loses some of its sharpness as it cooks and becomes milder, slightly sweet, and more rounded. That is one reason it pairs so well with poultry: it brings freshness and aroma without making the dish heavy.

## Servings

2 large servings

## Prep and cook time

about 25 minutes

## Nutrition per serving

449 kcal | 51 g protein | 21 g fat | 14 g carbs

## Ingredients

- 350 g chicken breast (12 oz)
- 1 medium fennel bulb, about 250 g (9 oz)
- 1 small zucchini, about 180 g (6 oz)
- 1 tbsp olive oil
- 1 tsp lemon zest
- 2 tsp lemon juice
- 1 tbsp chopped parsley
- 1 tsp chopped thyme
- salt
- black pepper

## Method

- 1 Slice the chicken breast into thick strips or medallions. Trim the fennel and cut it into wedges or thick slices. Slice the zucchini.
- 2 Heat the olive oil in a large skillet. Season the chicken with salt and pepper and sear until lightly browned. Remove briefly.
- 3 Add the fennel and zucchini to the pan and cook over medium-high heat until they begin to soften.
- 4 Return the chicken to the pan. Add lemon zest, lemon juice, thyme, and parsley.
- 5 Toss everything together and cook just until the chicken is fully done.
- 6 Serve hot, spooning any pan juices over the top.

## What matters

- Fennel should soften, but it should still keep some structure.
- Add the lemon near the end so it stays bright.
- Do not overcook the chicken or it will dry out quickly.

## Variations

- A few olives work well in the pan.
- Green beans can replace the zucchini.
- A spoonful of Greek yogurt on the side also fits.