



Makes: 6 servings

Prep Time: 40 minutes Cook Time: 20 minutes

Total Time: 1 hour

Lemon Rosemary Chicken with Farro

Ingredients

For the Rub:

- 1 & 1/2 tsp garlic salt
- 1 & 1/2 tsp mild paprika
- 1 & 1/2 tsp Italian seasoning
- 1/2 tsp freshly ground black pepper

For the Chicken:

- 4 medium boneless skinless chicken breasts
- 1 tbsp butter, salted or unsalted

For the Lemon Rosemary Dressing:

- 3 tbsp extra virgin olive oil
- 1 small lemon, sliced into 1/4-inch rounds
- 1 tbsp fresh rosemary, finely chopped and divided
- 1 medium garlic clove, finely minced
- 3 tbsp sun-dried tomatoes in oil, well drained and finely chopped, optional
- 2 tbsp Kalamata olives, finely chopped

To Finish:

- 4 cups cooked farro, from about 2 cups uncooked
- 4 cups baby spinach
- Shaved Parmesan, for garnish
- Toasted pine nuts, for garnish
- Fresh rosemary sprigs, for garnish

Instructions

Prepare the Rub:

Combine the garlic salt, paprika, Italian seasoning, and black pepper in a small bowl. Set aside.

Cook the Chicken:

Pat the chicken breasts dry with paper towels. Sprinkle generously with the rub, reserving 1 teaspoon for the lemon slices. Rub the seasoning into the chicken and let it sit uncovered at room temperature for 15 to 20 minutes.

Melt the butter in a large 12-inch cast-iron or nonstick skillet over medium heat. Once the butter is hot and bubbling, add the chicken smooth-side down. Cook for 3 to 5 minutes, until deeply golden brown. If the chicken is browning too quickly, lower the heat slightly.

Turn the chicken over and reduce the heat to medium-low. Cover the skillet and cook for another 7 to 12 minutes, or until the chicken reaches an internal temperature of 160°F. Transfer the chicken to a clean plate and loosely cover with foil while you prepare the farro.

Make the Lemon Rosemary Farro:

Add the olive oil to the drippings in the skillet and heat over medium-low. Sprinkle both sides of the lemon slices with the reserved seasoning. Add them to the skillet and cook for about 30 seconds per side. Transfer the lemons to the plate with the chicken.

Add the garlic, 1 & 1/2 teaspoons of the chopped rosemary, and the sun-dried tomatoes and Kalamata olives, if using, to the skillet. Cook for about 30 seconds, until fragrant. Stir in the cooked farro and cook for 1 to 2 minutes, until heated through. Add the spinach and toss until it begins to wilt.

Nestle the chicken into the farro and spinach. Cover the skillet and cook over low heat for 2 to 3 minutes, until the spinach is completely wilted and the chicken is warmed through.

Slice the chicken on an angle and serve over the farro. Garnish with the cooked lemon slices, shaved Parmesan, toasted pine nuts, remaining fresh rosemary, and rosemary sprigs.

Chef's Notes:

- Cooking the Farro: Cook 2 cups of farro according to the package directions in a large pot of salted water. Farro should be tender but still slightly chewy. Drain well.

- Chicken Breasts: Four chicken breasts easily serve six because today's chicken breasts tend to be quite large. Slice the cooked chicken before serving to make the portions go further.
- Sun-Dried Tomatoes and Olives: These are optional, but I like the extra savory flavor they add to the farro.
- Make Ahead: The farro can be cooked ahead of time and refrigerated. Bring it close to room temperature before adding it to the skillet so it heats more quickly.