

Chicken & Snow Pea-Radish Sauté

with Candied Pistachios

This savory recipe is a primer in candy making. To make a crunchy, sweet topping for this fresh, peppery sauté, you'll start by making a homemade caramel. We're doing it the easy way: dissolving the sugar in water and boiling it down to a perfect amber color. It's a classic technique and the foundation of literally every caramel-based confection. When making yours, be sure to keep a watchful eye. Sugar can go from perfect amber to overcooked fairly quickly. So prepare yourself for action—and sweet deliciousness!



Ingredients

- 2 Airline Chicken Breasts
- 4 Ounces Baby Purple Potatoes
- 3 Radishes
- 3 Ounces Snow Peas
- 1 Bunch Tarragon

Knick Knacks

- 1½ Tablespoons Roasted, Salted Pistachios
- 1 Shallot
- 1 Tablespoon Sugar
- 1 Tablespoon Butter

Makes 2 Servings
About 555 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Remove the chicken from the refrigerator to bring to room temperature. Cut the potatoes and radishes into rounds. Snap off the stem of each snow pea and pull off the tough string that runs the length of the pod; halve each pea on an angle. Roughly chop the pistachios. Pick the tarragon off the stems; discard the stems and finely chop the leaves. Peel and thinly slice the shallot.

2



Cook the potatoes:

Once the pot of water is boiling, add the **potatoes**. Cook 7 to 9 minutes, or until tender when pierced with a fork. Drain thoroughly and set aside as you continue cooking. Rinse and wipe out the pot.

3



Cook the chicken:

While the potatoes cook, pat the **chicken** dry and season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned chicken**, skin side down first, and cook, loosely covering the pan with aluminum foil, 7 to 9 minutes per side, or until cooked through. Transfer the cooked chicken to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the plate with aluminum foil to keep warm.

4



Make the candied pistachios:

While the chicken cooks, lightly grease or line a small sheet pan with parchment paper. In the same pot used to cook the potatoes, heat the **sugar** and $\frac{1}{4}$ **cup of water** to boiling on medium-high, without stirring. Boil the sugar water 2 to 3 minutes, or just until it turns medium-amber in color. Immediately remove from heat and add the **pistachios**. Stir until thoroughly coated. Using a spoon or spatula, spread the candied nut mixture in an even layer on the prepared sheet pan. Set aside to cool.

5



Cook the vegetables:

To the pan of reserved chicken fond, add 2 teaspoons of olive oil and heat on medium until hot. Add the **drained potatoes** and cook 1 to 2 minutes per side, or until lightly browned. Add the **shallot** and cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **snow peas** and **radishes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Stir in the **butter** until melted. Add the **tarragon** and remove from heat. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked vegetables** and **chicken** between 2 plates. Break apart the **candied pistachios**; place on top of each piece of chicken. Enjoy!